



SHOTOKAN

ADVANCED KATA

VOLUME 3

KEINOSUKE ENOEDA

SHOTOKAN

Advanced Kata

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As the physical activities described or depicted herein may be overly taxing or sophisticated for the reader or readers, it is *essential that this advice be followed and a physician consulted.*

This high quality educational book is produced by Dragon Books. To facilitate learning, high definition photographs have been used throughout, from which distracting background material has been painstakingly removed by expert artists. Printed on fine paper, the book is sewn to allow it to lay flat for easy study without damaging the binding, and is protected against soiling by a laminated cover.

SHOTOKAN

Advanced Kata



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五十四歩小
五十四歩大
二十四歩
鉄騎二殺
鉄騎二殺



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How to use this book

Please study this section carefully before you read this book.

These notes will help you to get the maximum benefit from this book in the shortest possible time, please follow them from start to finish each time you study.

As with all forms of learning 'little and often' is the most effective way of acquiring knowledge, so commit yourself to ten or fifteen minutes each day, perhaps during your lunch hour, or when you relax after dinner, and you will be surprised and delighted with the progress you make.

37



Fig.A

67. Perform another right downward block, snapping the left fist up to press against the right upper arm. *Fast.*

1 Read quickly through the Kata that you are studying, look only at the photographs that are marked with a white number on a black circle. These are the fundamental moves of the Kata, and must be committed to memory (Fig.A).

One way to do this is to study each individual photograph carefully, then close your eyes for an instant before moving on to the next, as if the eyes were a camera and the eyelids the shutter.

5 Photographs that are set in bolder type (Fig.D) represent the 'new way' alternative sequences of performing the Tekki-Sandan Kata. These are separated from photographs showing the old way of performing the Kata by a blank space at each beginning and end. Additionally, they are clearly indicated to avoid confusion.

After performing each insertion, simply return to the old way photographs which are captioned in the normal text style.

2 When you are satisfied that you have a basic idea of the sequence of movements, go through the photographs again, this time studying the intermediate photographs as well (see fig.B) so as to understand better the relationship between the fundamental techniques.

6 With the book open in front of you, slowly go through the movements of the Kata, never deviating from the example shown in the text. Perform the whole Kata in your own time to fix the sequence of techniques in your mind.

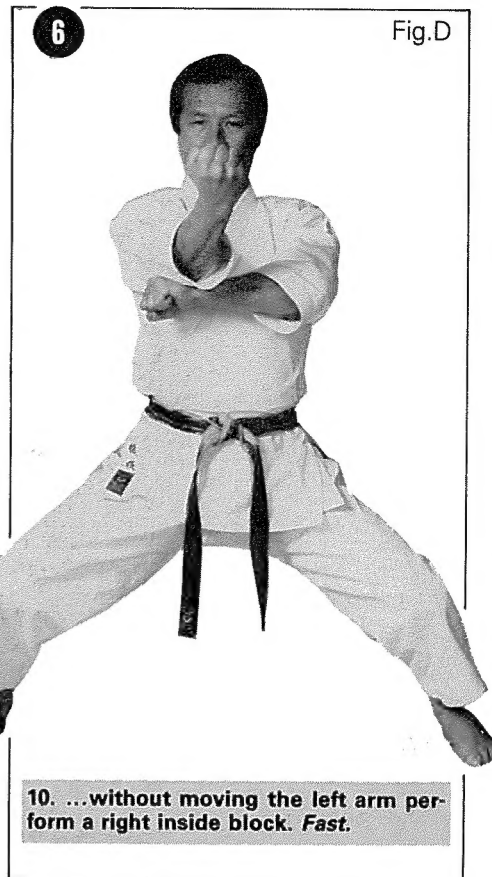
Fig.B



Fig.C



Fig.D



68. Look to the right and moving the right foot across to the right, pull both arms back towards your left side . . .

10. ...without moving the left arm perform a right inside block. Fast.

3 Go through the whole Kata again including the side view photographs and where appropriate, front view photographs, which, for easy recognition, are divided into fine horizontal lines (Fig.C) and are clearly captioned. These will allow you to study the movements in the Kata that are usually hidden from an observer viewing the performance from the front (ie. facing the performer when he starts the Kata).

4 There are two ways of performing the Tekki-Sandan Kata. The original way is shown first of all as a complete Kata. After this, the four differences which represent the new way of performing the Kata are shown as separate sequences.

These are captioned in bolder text (see Fig.D) on a grey background.

7 Finally, read the brief introduction that appears at the beginning of the Kata. This will give you some idea of the significance of the Kata, its origin and the specific benefits that will be obtained from its study.

8 Carry what you have learnt from the text into class study. It will help you to make rapid progress, and prevent you from copying the bad habits of your less knowledgeable classmates which if acquired, are so difficult to rid oneself of.

9 From time to time, go back to your book and check that you are still performing the Kata correctly. This occasional reference to the text will prevent you from deviating from perfect technique.

Tekki-Nidan

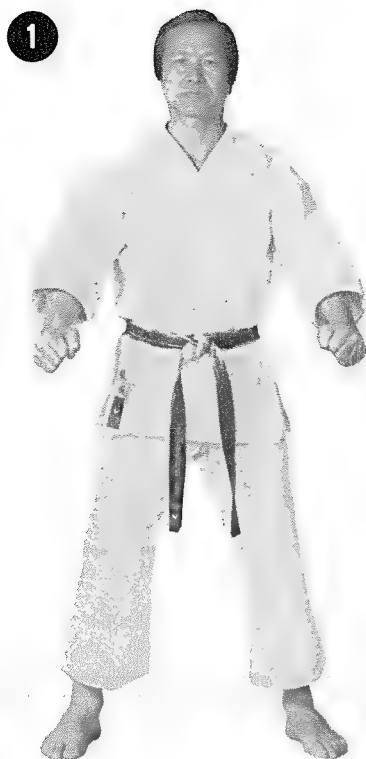


This Kata symbolizes the action of fighting on horseback against opponents in the battlefield.



鉄騎二殺

TEKKI-NIDAN



1. Natural stance.



2. Cross your arms in front of your body...



3. ...to (YOI) position.

7. Cross the left arm over the right – swinging the right arm, the back of the fists pointing downwards across the body. The left hand touching the right elbow – thumb underneath. *Fast.*

8. Move the right foot through into a straddle leg stance and with the left arm, push the right arm to the right to a downward block. *Fast.*

9. Move the left foot to the right foot and look to the left...



2



4. Look to the right, bring both fists up in front of the chest at the same time crossing the left foot over the right. Bend both knees. *Slow.*

3



5. Swing the right foot up in an arc and simultaneously raise both arms up – the back of the fists pointing out...



6. ...Land with a stamp kick going into a straddle stance and perform a double block with the arms – the fists turned outwards as the block is completed. *Fast.*

10. ...bringing both arms up in front of the chest, feet together. *Slow.*

11. Swing the left foot up in an arc and simultaneously raise both arms, the back of the fists pointing out...

12. ...land with a stamping kick going into a straddle stance and perform a double block to the left... *Fast.*

6



7



8



9



10



13. Cross the right foot over the left and swing the left arm across the body – the right hand pushed into the left elbow as before. *Fast.*

14. Move the left foot through into a straddle leg stance and push the left arm to the left side to perform a downward block. *Fast.*

15. Turn your face to the right, pull both hands back to the left side – the left palm pressed into the right fist. *Fast.*

Side View

18. Perform a stamp kick to get back to the straddle position. Simultaneously the right elbow is swung to the front of the body in an elbow strike, the left hand remaining against the right fist. *Fast.*

19. Look to the right and move your left fist to side. Open your right hand making it a knife edge and...

13





Side View

11



16. Perform an inside block with the right arm to the right — the left hand pushing against the inside of the right forearm. *Fast.*

12



17. Look to the front and without shifting your bodyweight lift the right foot up — simultaneously pull both hands to the right side of the body. The left open hand pushing the right fist. *Fast.*

20. ...sweeping it across the body perform a right knife hand block. *Slow.*

21. Perform a hook punch with the left fist, the fist on a level with the side of the body. *Fast.*

22. Without moving the arms, cross the left foot over the right. *Slow.*

14



15



16





23. Lift the right foot up and across in a big arc, crossing the left arm over to the right shoulder...



24. ... look to the front and with a stamp kick land back in a straddle leg stance, performing a left arm inside block. *Fast.*



25. In one continuous movement bring the right fist to the front and then swing it back over the right shoulder twisting the wrist and the left arm in a downward block...

28. Perform an inside block with the left arm, to the left, the right hand pushing against the inside of the left forearm. *Fast.*

29. Look to the front and without shifting your bodyweight lift the left foot up — simultaneously pull both hands to the left side of the body. The right open hand pushing the left fist.

Side View



19 KIAI

20



26. ...continue the action by twisting the right fist and thrust it forward in an upward punch the left arm is pulled back level in front of the body. *Fast.*

27. Look to the left and pull both hands back to the right side, the right palm pressed into the left fist.

Side View

30. Perform a stamp kick to get back to the straddle position — simultaneously the left elbow is swung to the front of the body in an elbow strike, the right hand remaining against the left fist. *Fast.*

31. Look to the left, with right fist to the side, open your left hand making a knife edge ...

32. ... swinging it across the body perform a left knife hand block. *Slow.*

23



24

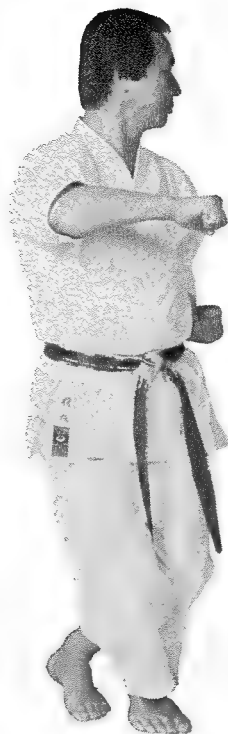


25



33. Perform a hook punch with the right fist – the fist on a level with the side of the body. *Fast.*

26



34. Without moving the arms, cross the right foot over the left. *Slow.*



35. Lift the left foot up and across in a big arc, crossing the right arm over to the left shoulder...

39. Move the right foot back toward the left foot, crossing the arms in front of the body...

40. ... to the starting position. Natural stance.

Applications



30



Please Note

The numbers shown in brackets refer to the similarly numbered captions in the main Kata section. After studying each application turn back to the relevant movement to understand how it fits into the overall exercise.

27



36. ...look to the front and perform a stamp kick to land back to a straddle leg stance performing a right arm inside block. *Fast.*

28



37. In one continuous movement, bring the left fist to the front and then swing it back over the left shoulder twisting the wrist, the right arm in a downward block...

29

KIAI



38. ...continue the action by twisting the left fist and thrust it forward in an upward punch the right hand being pulled back level in front of the body.

1. (2) Grabbed from the rear with both arms by an opponent; bring your elbows quickly to the sides, fists to the chest. At the same time lower your body sharply. The movement will automatically cause him to release you.

2. (4) An opponent attempts to kick you from the front. Go into a cross stance and make a swing block with the inside forearm.

3. (12) The opponent attempts an attack to the stomach. Hold his wrist pulling him towards your side, simultaneously swing your foot up, to stamp kick the opponent's front knee.



Tekki-Sandan



In theory this is identical to Tekki-Nidan.



鉄騎三段

TEKKI-SANDAN

1



1. Natural stance.



2. Cross your arm in front of your body ...



3. ...to (YOI) position.

7. ...perform a double block – left downward block and right inside block. *Fast.*

8. With a hugging motion bring the forearms together as shown – right arm on top ...

9. ...without moving the left arm, perform a right inside block. *Fast.*

3



4



5



2



4. Move the right foot out into a straddle leg stance and cross the left arm under the right arm...

5. ...perform a left inside block. *Fast.*

6. Cross both arms in front of the body, the left on top...

10. Perform an upward punch with the right fist. *Fast.*

11. Pull the right fist back to the side whilst opening the left hand. *Fast.*

12. Perform a straight punch underneath the left hand. *Fast.*

6

7

8



9



13. Look to the right. Simultaneously, without moving the left hand, perform a right inside block; the left hand is pressed against the right upper arm. *Fast.*

10



14. Without raising the body move the left foot over the right foot. *Slow.*

11



15. Move the right foot into a straddle leg stance and still pressing the left hand against the right arm, perform a right downward block with the fist reversed as shown. *Fast.*

19. Look to the front and pull both hands back to the right side, the left open palm on top of the right fist. *Fast.*

Side View

20. Perform a right straight punch under the left palm. *Fast.*

14



15



12



16. Still maintaining the same hand/arm contact, swing the right arm across the body — right to left twisting the arm...

13



17. ...up high and over...



18. ...and perform a right downward block.
Fast.

21. Cross the right arm under the left arm, at the same time making a fist with the left hand...

22. ...perform a double block — a left downward block and a right inside block.
Fast.

23. Cross the left arm under the right arm...

16



17



24. ... perform a left arm sweeping block — the fist twisted so that the palm faces outward and a right downward block. *Fast.*

18 KIAI



25. Perform a left upward punch. Simultaneously bring the right arm back level across the front of the body. *Fast.*

19



26. Look to the left. *Fast.*

30. Bring the forearms together as shown — left arm on top ...

31. ... perform a left inside block. *Fast.*

32. Perform an upward punch with the left fist. *Fast.*

22



23



24



20



27. Without raising the body move the right foot over the left foot... *Slow.*

21



28. ...swing the left leg up...



29. ... by performing a stamp kick, land in a straddle leg stance and look to the front the arm positions remaining the same...

33. Pull the left fist back to the side whilst opening the right hand. *Fast.*

34. Perform a left straight punch under the right palm. *Fast.*

35. Look to the left and without moving the right hand, perform a left inside block. *Fast.*

25



26



27



28



36. Without raising the body move the right foot over the left. *Slow.*

29



37. Move the left leg into a straddle leg stance, and perform a left downward block with the fist reversed as shown — the right hand pressed against the left arm. *Fast.*

30



38. Still maintaining the same hand/arm contact swing the left arm twisted across the body...

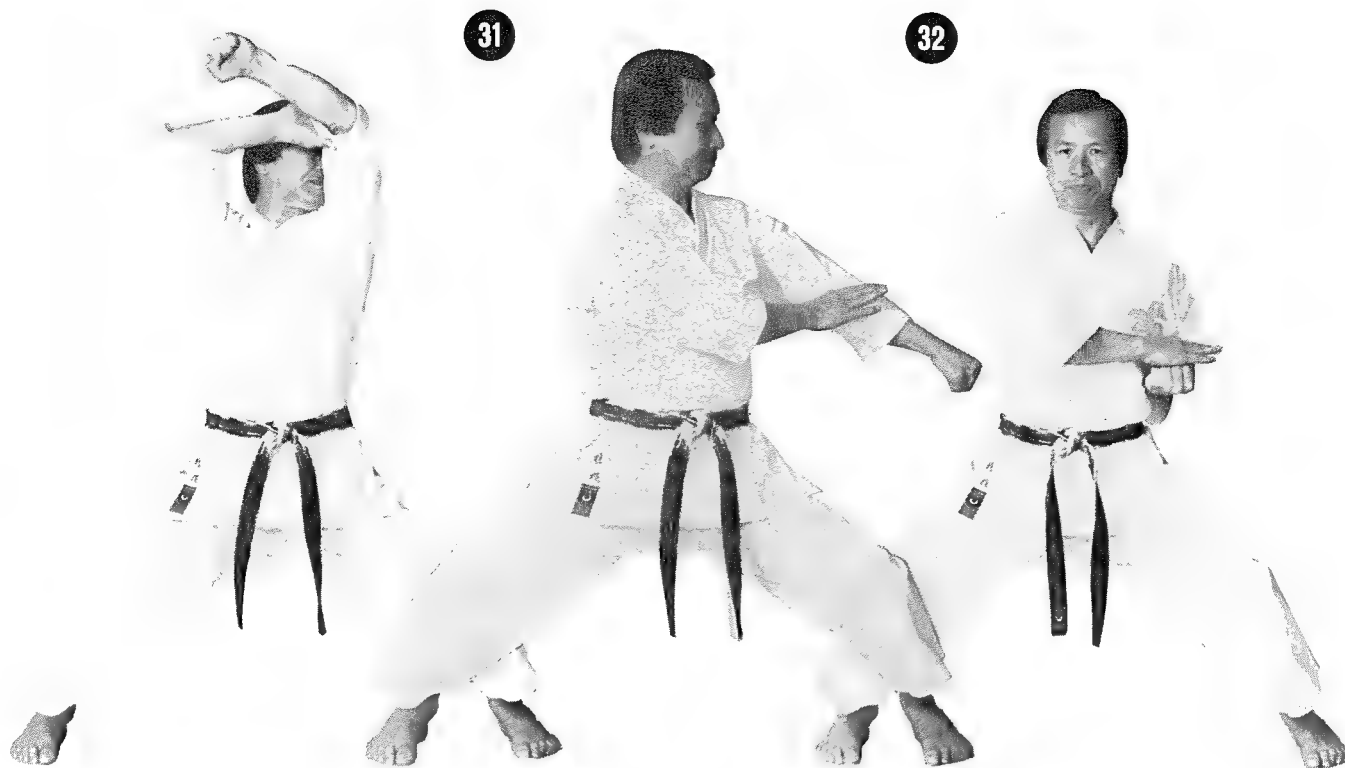
Side View

42. Perform a left straight punch under the right palm. *Fast.*

43. Look to the right and cross the right open hand under the left arm...

33





39. ...up high and over...

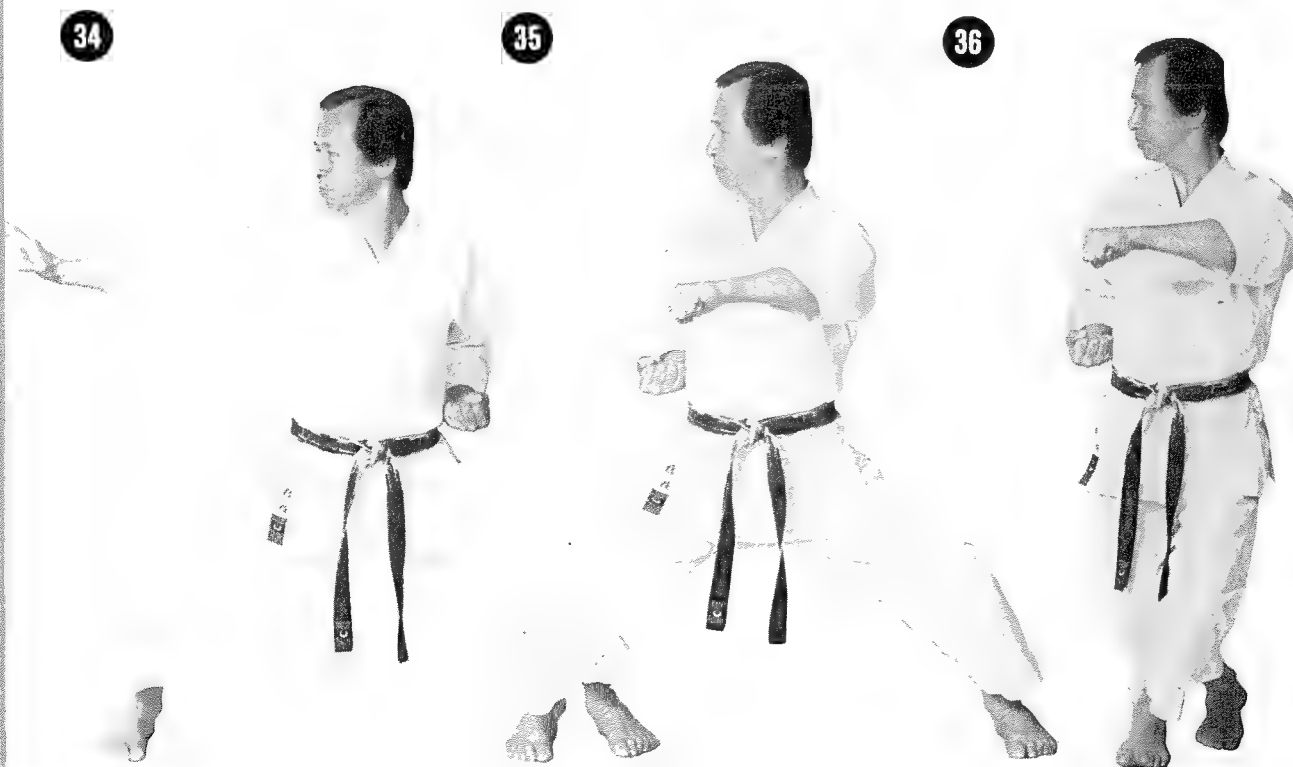
40. ...and perform a left downward block. *Fast.*

41. Look to the front and pull both hands back to the side – the right open palm over the left fist. *Fast.*

44. ...swing the arm across the body and perform a right vertical knife-hand block. *Slow.*

45. Perform a left hook punch, pulling the right fist back to the side. *Fast.*

46. Without raising the height of the body cross the left foot over the right...





47. ...swing the right leg up and across whilst crossing the left arm to the right side...

37



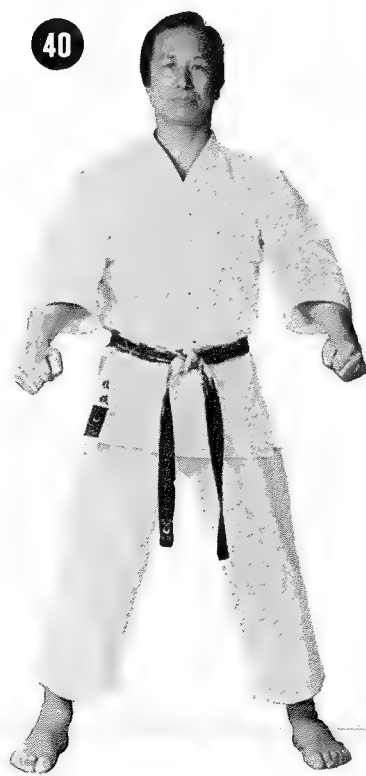
48. ...by performing a stamp kick, simultaneously look to the front and land in a straddle leg stance performing a left inside block. *Fast.*



49. Cross the arms in front of the body – right arm underneath...

53. ...natural stance.

40



Rather than repeat the whole kata, the four different sequences have been illustrated separately, where they occur.

The movement preceding the change is shown, before commencing each different sequence.

4



8. With a hugging motion bring the forearms together as shown, the right arm on top...

**ALTERNATIVE METHOD
SEQUENCE 1**

38



39 KIAI



50. ...in one continuous movement pull the right arm back, performing a sweeping block and a simultaneous left downward block...

51. ...continuing the action, perform a right upward punch – simultaneously bring the left arm back level across the front of the body.

52. Move the right foot back to the starting position crossing the arms in front of the body...

9. ...perform a right arm sweeping block, the fist twisted, the left remaining level in front of the body...

10. ...without moving the left arm perform a right inside block. *Fast.*

11. Pull the right fist back to the side whilst opening the left hand. *Fast.*

5



6



7



8



12. Perform a straight punch underneath the left hand. *Fast.*

16



22. ...perform a double block — a left downward block and a right inside block. *Fast.*

ALTERNATIVE METHOD SEQUENCE 2

26. Perform a left upward punch, simultaneously bring the right arm back level across the front of the body. *Fast.*

19 KIAI



22

30. Bring the forearms together as shown — left arm on top.

ALTERNATIVE METHOD SEQUENCE 3



17



18



23. Cross the left arm under the right...

24. ...perform a double block – a right downward block and a left inside block. *Fast.*

25. Perform a left arm sweeping block – the fist twisted so that the palm faces outward and a right downward block. *Fast.*

31. Perform a left sweeping block, the fist twisted, the right remaining level in front of the body.

32. Perform an upward punch with the left fist. *Fast.*

33. Pull the left fist back to the side whilst opening the right hand. *Fast.*

23

24

25

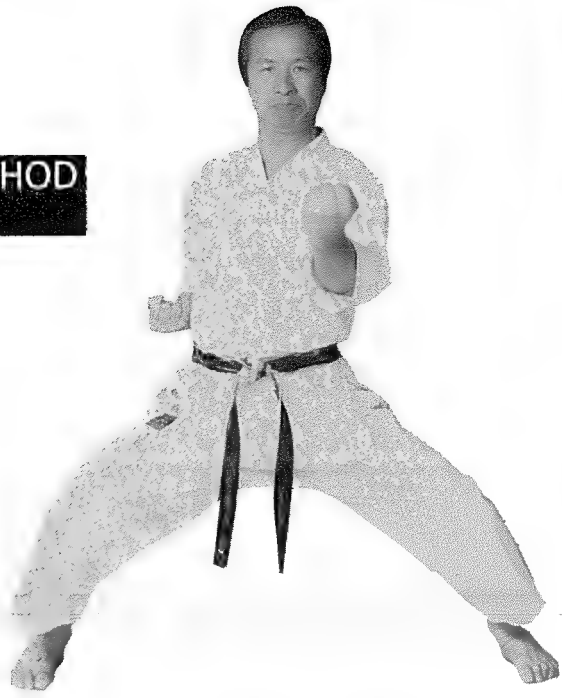


26



34. Perform a left straight punch under the right palm. *Fast.*

37



49. ...by performing a stamp kick, simultaneously look to the front and land in a straddle leg stance performing a left inside block. *Fast.*

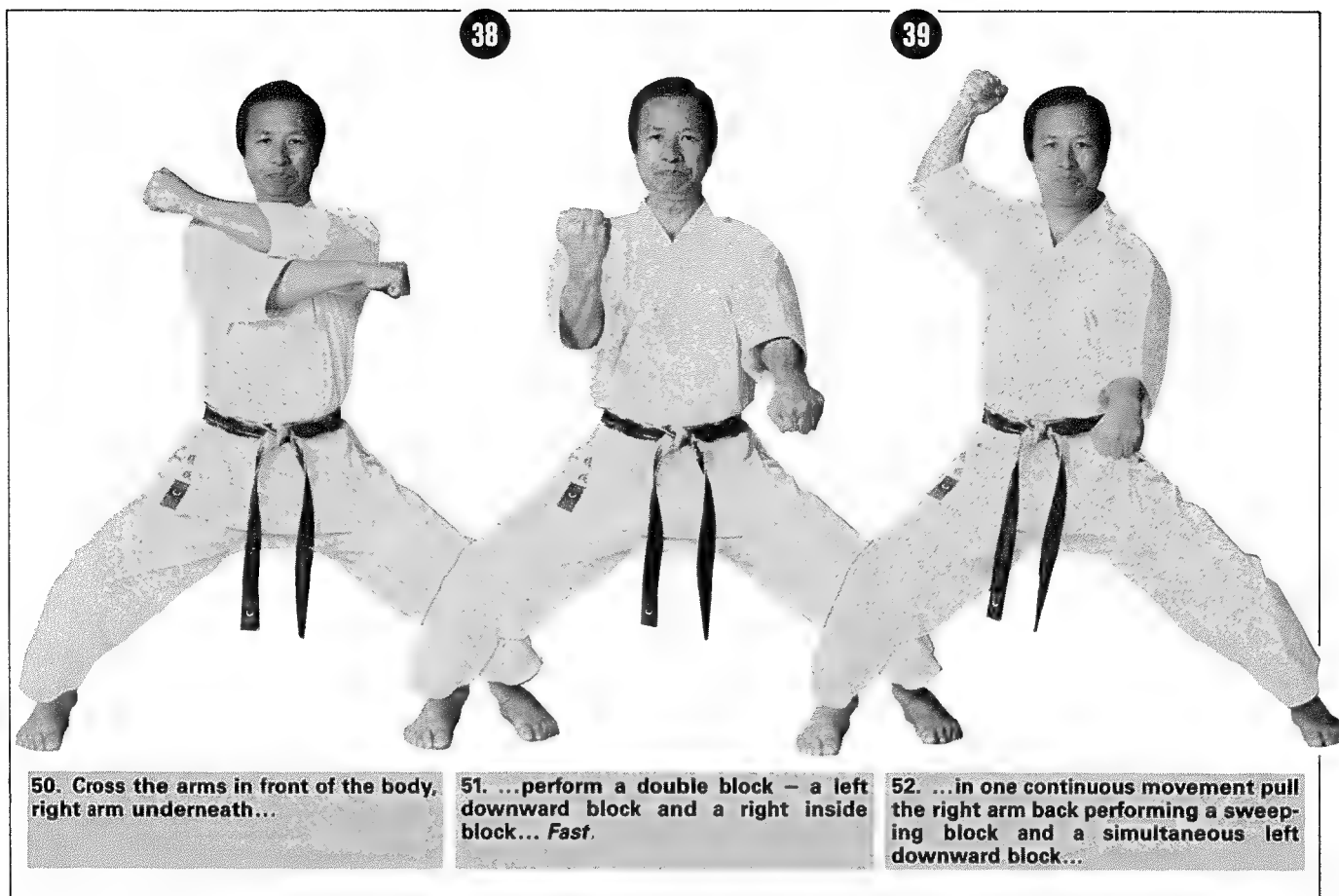
ALTERNATIVE METHOD
SEQUENCE 4

53. ...continuing the action perform a right upward punch – simultaneously bring the left arm back level across the front of the body.

40

KIAI





50. Cross the arms in front of the body, right arm underneath...

51. ...perform a double block – a left downward block and a right inside block... *Fast.*

52. ...in one continuous movement pull the right arm back performing a sweeping block and a simultaneous left downward block...

Applications

1. (6) In one movement, after the inside block to the opponent's punch, strike his chin with a snap punch.

2. (12) The opponent attempts to kick from the side. Swing your arm across inside the body twisting it with the fist. The swing block is against your opponent's inside leg.

3. (13) Your opponent attacks to the side. Use a down block supported strongly by the other hand on the elbow of the arm.



Nijushiho

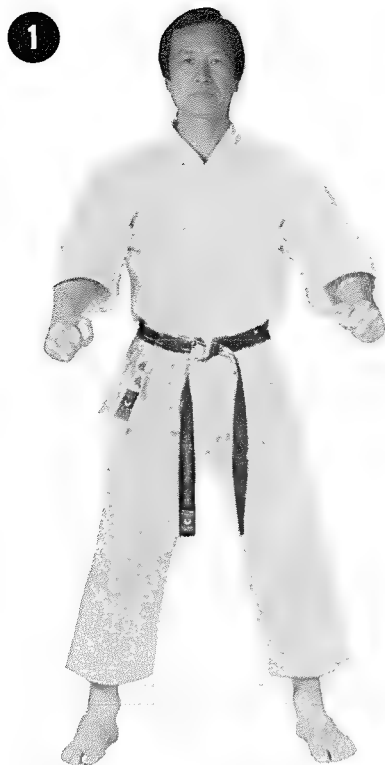


This Kata is an expression of the nature of currents in a stream or river. Sometimes the slow, majestic movement of the water is depicted, sometimes the strong swift currents; the flowing water, encountering various obstacles, displays its tremendous power, moving fast, then slow, increasing and relaxing the force it produces.



二十四歩

NIJUSHIHO



1. Natural stance.



2. Cross your arms in front of your body...



3. ...to the starting position (YOI).

7. ...land, still in the back stance and perform a reverse punch under the left hand. *Fast.*

8. Step forward with the left foot and cross the left arm (closed fist) under the right arm...

9. ...pull the right foot up toward the left, and pushing the weight forward more on the left foot, perform a left elbow strike to the level shown. *Slow.*





3



4. Step backwards with the right foot on the same line as the left foot, whilst moving both hands (left hand open, palm down) out to the front...

5. ...land in a right back stance and press the left hand and forearm down to the position shown — perform a pressing block, the right fist pulls back to the right hip. *Slow.*

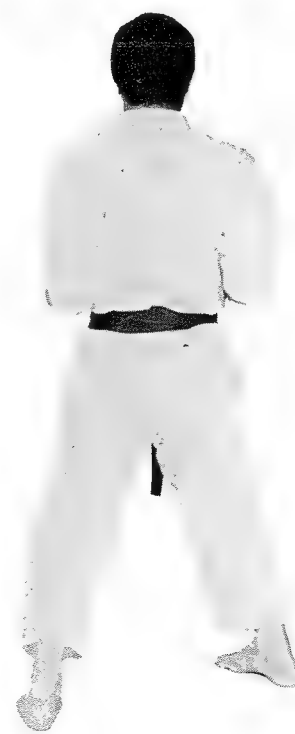
6. Shuffle both feet forward and without moving the left arm, punch under it with the right fist...

10. Turn to the rear (180° to the right) and move the right foot across to the right (on the same line) crossing both arms (hands open) in front of the body...

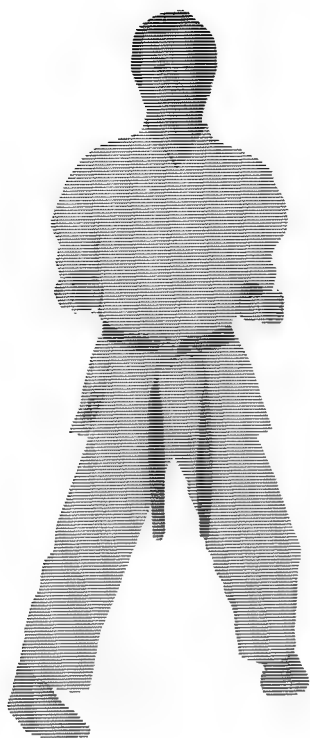
Front View



6



11. ...land in a right hour-glass stance and pull both fists back to the sides. *Fast.*

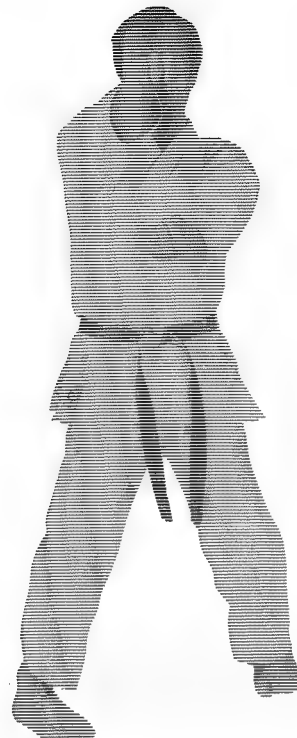


Front View

7



12. Perform a double fist U Punch to the front, right fist above left fist which is turned so that the back of the fist points downwards both fists on the same vertical plane. *Fast.*



Front View

Front View

15. ...perform a double reverse wedge block to the middle level. *Slow.*

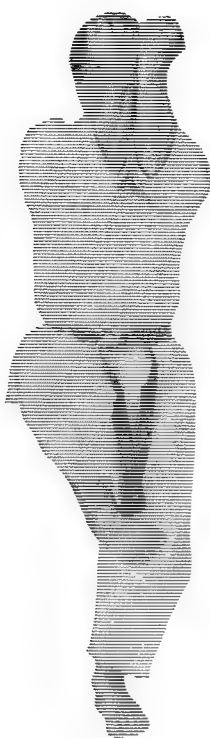
Front View



9



8



13. Lift the right knee up and perform a double arm scissors block to the upper level. *Fast.*

Front View



14. Move the right foot down and forward into a right front stance, crossing the arms in front of the body...

16. ...look 90° to the left and move the left foot in that direction, whilst raising the right arm high and pulling the left foot back to the side...

Front View



10

17. ...land in a left front stance and perform a left rising block. *Fast.*



11



Front View



18. Twisting the hips to the left, perform a right rising elbow strike to the level of the face. *Fast.*



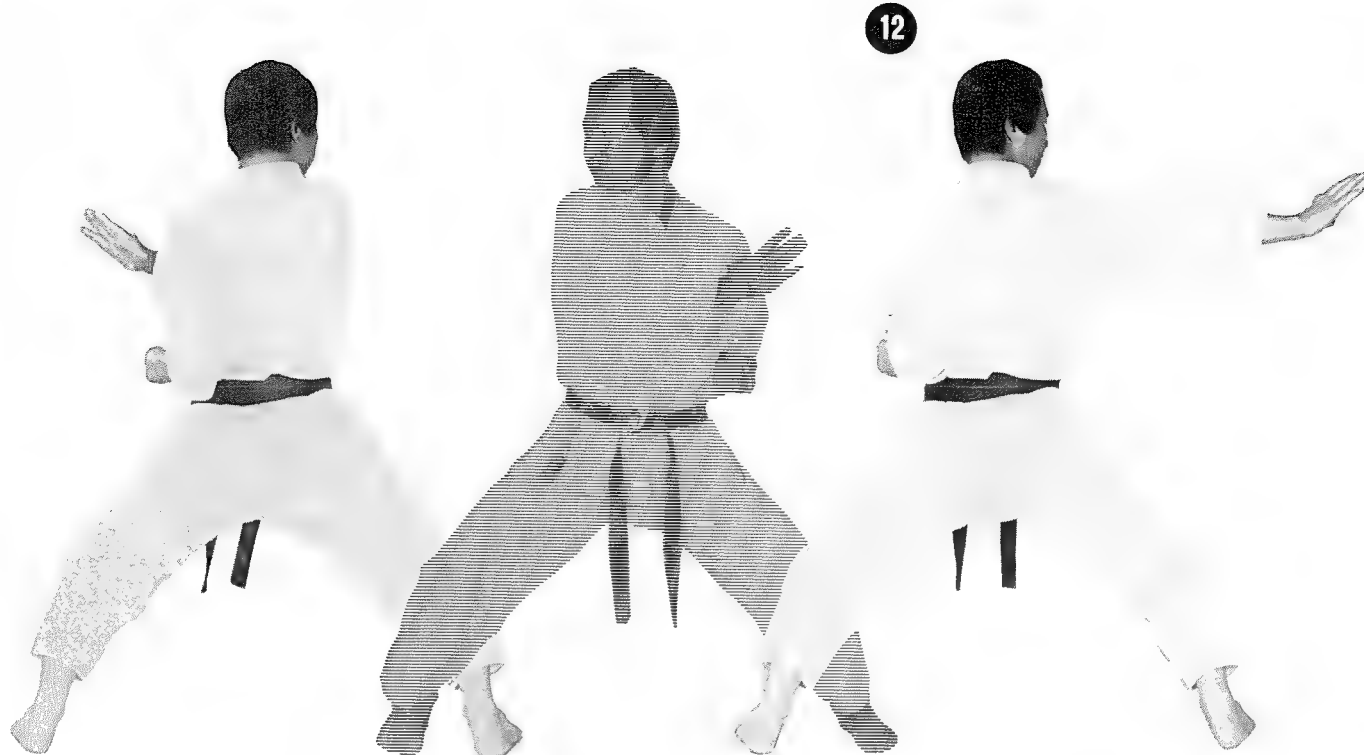
Front View

Front View

21. Leaving the hand outstretched lift the right foot high...

Front View





19. Look 180° to the right and move the right foot back onto the same line as the left foot (straddle stance). At the same time, open the right (edge) hand and cross the arm in front of the body...

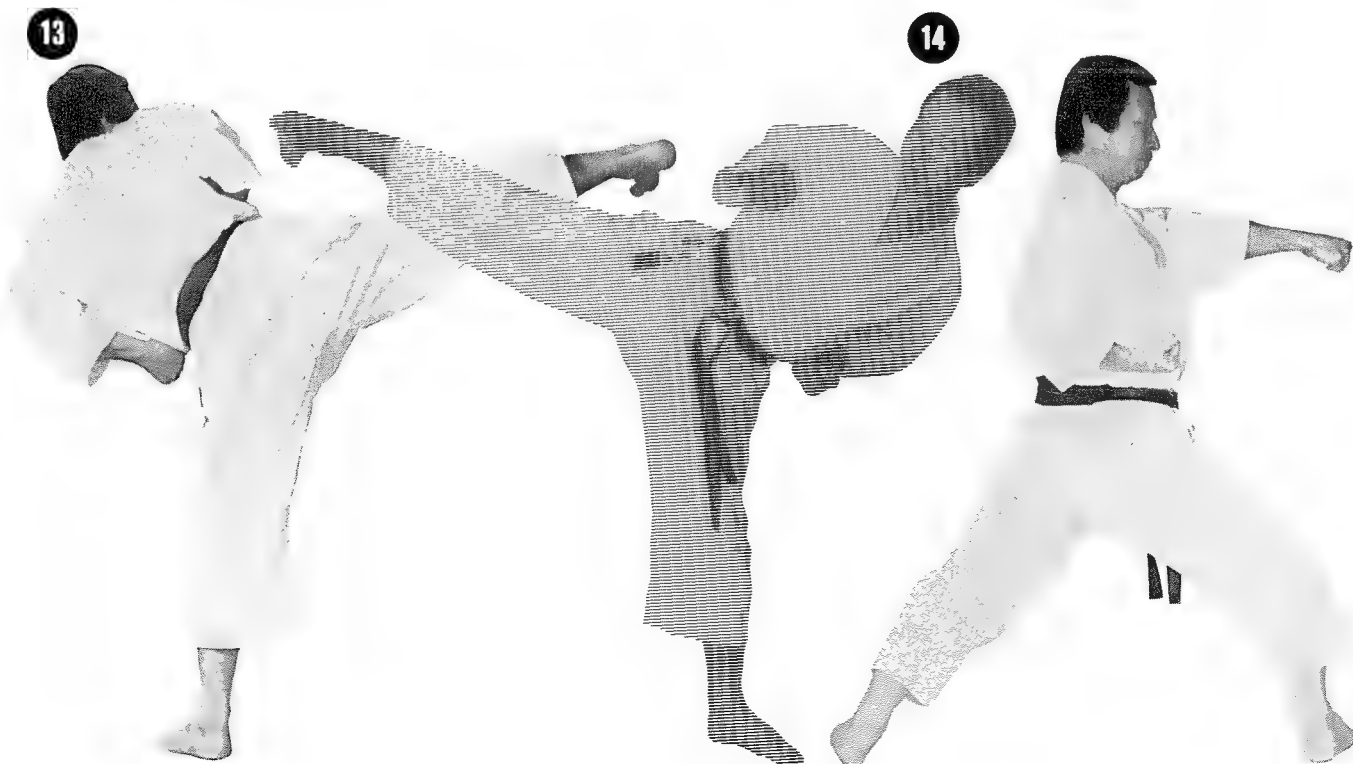
Front View

20. ...sweep the right arm across the body and perform a straight knife hand block. *Slow.*

22. ...perform a side thrust kick at the same time pull the fist in a grasping action, back to the right hip. *Fast.*

Front View

23. Move into the previous position (a straddle leg stance) and perform a left reverse punch. *Fast.*





Front View



Front View

24. Look 180° to the left and open the left (edge) hand, wrist bent...

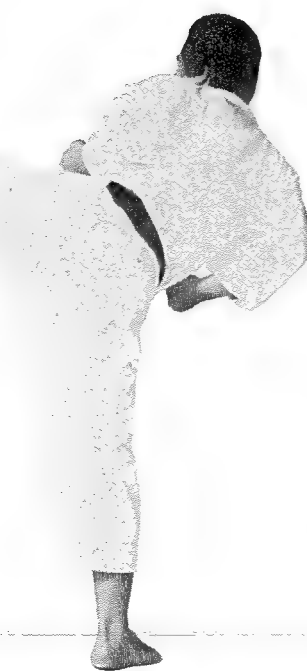
Front View

27. ...perform a side thrust kick — at the same time, pull the left fist back to the left hip in a grasping action. *Fast.*

Front View



16



15



25. ...sweeping the left hand across the body, perform a straight knife hand block. *Slow.* Front View

26. Leaving the hand outstretched lift the left foot high...

28. Assume the previous position — (a straddle leg stance) and perform a right reverse punch. *Fast.* Front View

29. Look 45° to the right and pull the left foot a half step back to the right foot, open the right hand and move it to the left...

17



18





Front View



30. ... then sweep it up and around in front of the body in a circular movement (clock-wise)...



Front View

Front View

33. Turn 180° to face to the left and move the left foot across to the left. Whilst pivoting on the right foot, swing the left arm across the body.

34. ... and backward in a big sweeping action to finish (palm up) behind the body. Simultaneously swing the right arm up from behind the right hip and perform a ridge-hand strike to the head level. *Fast.*



19



31. ... as the right arm completes its circular action and pulls back to the right side (wrist bent backward), the left hand (wrist bent backward) is lifted to the left chest. Perform a round house block and step forward with the right foot...

Front View



20



32. ... land in a right front stance leaning forward and push both palms — heels to the front — left high and right low, as shown. (All one continuous movement). *Slow*.

35. Move the right foot up to the left and lift the left hand up to the front of the body...

36. ... land in a closed stance and slap the back of the left hand into the palm of the right hand. *Fast*.

37. Move the left foot back and drop the left hand downward whilst pulling the right hand into the body...



22

KIAI



23



38. ...land in a right diagonal straddle-leg stance, and thrust the right palm-heel (thumb outstretched) to the front whilst the left hand (thumb outstretched) pulls up and in toward the body in a scooping block. *Fast.*

24



39. Pull both fists back to the body — left hand high (palm facing down) and right hand low (palm turned up) ...



40. ...thrust both fists forward without changing the hand position in a 'U' punch. *Fast.*

Front View

43. Move the right foot forward ...

44. ...twist the hips and land in a straddle-leg stance and perform a right-rising elbow strike to the face level. *Fast.*



26





41. Look 180° to the left and move the left foot across to the left, whilst shifting the weight back on to the right leg and cross the left arm (open hand) under the right arm.

Front View

42. ...land in a right back stance and perform a left back-hand block. *Slow.*

45. Shuffle both feet to the side in the direction you are facing...

46. ...land in a straddle leg stance, perform a simultaneous block and counter-right outside block, (finishing as shown) and left reverse punch under it. *Fast.*

47. Shuffle both feet back in the opposite direction to their previous position and perform a right downward block. *Fast.*





48. Look 180° to the left, shifting the weight back on to the right leg and cross the left arm (open hand) under the right arm...

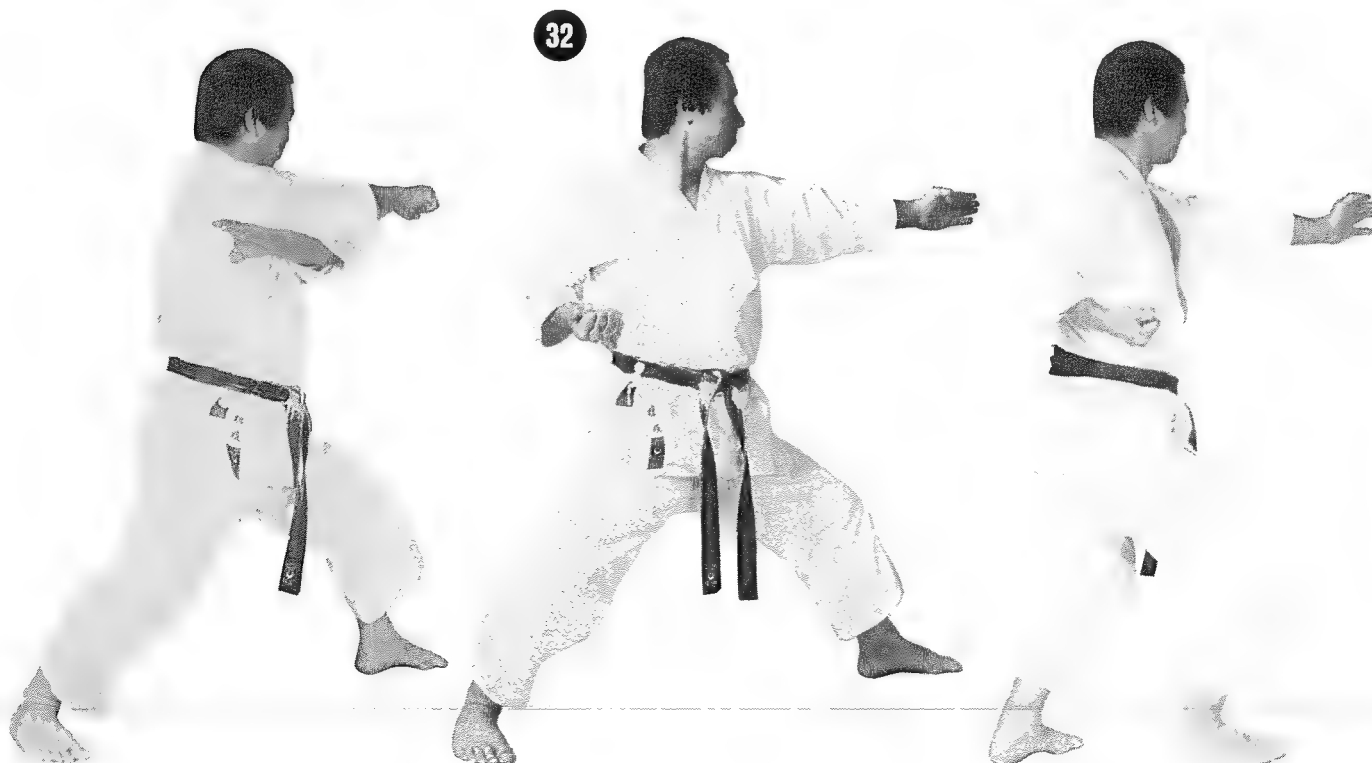
49. ...land in a right back stance and perform a left backhand block. *Slow.*

50. Move the right foot forward...

53. Move the left foot in toward the right and step forward, crossing the left arm (open hand) under the right arm...

54. ...land in a right back stance and perform a left back hand block. *Slow.*

55. Move the right foot forward...



30



31



51. ... twist the hips and land in a straddle-leg stance and perform a right front elbow strike, striking the elbow into the left palm. *Fast.*

52. Perform a right downward block to the front, at the same time making a fist with the left hand and moving it to the inside of the right elbow. *Fast.*

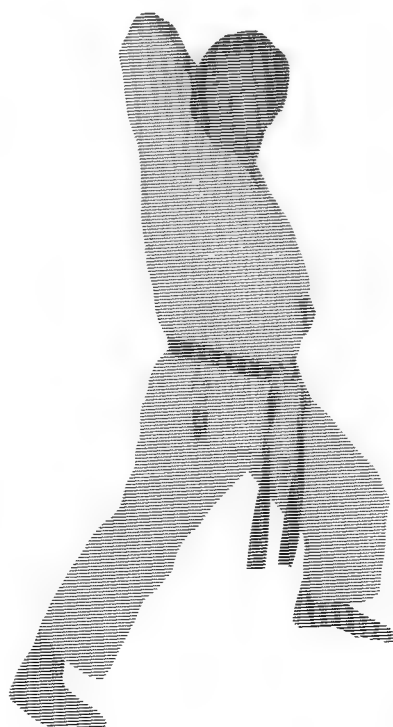
Front View

56. ... twist the hips and land in a straddle-leg stance and perform a right rising elbow strike to face level. *Fast.*

Front View

57. Shuffle both feet to the side in the direction you are facing...

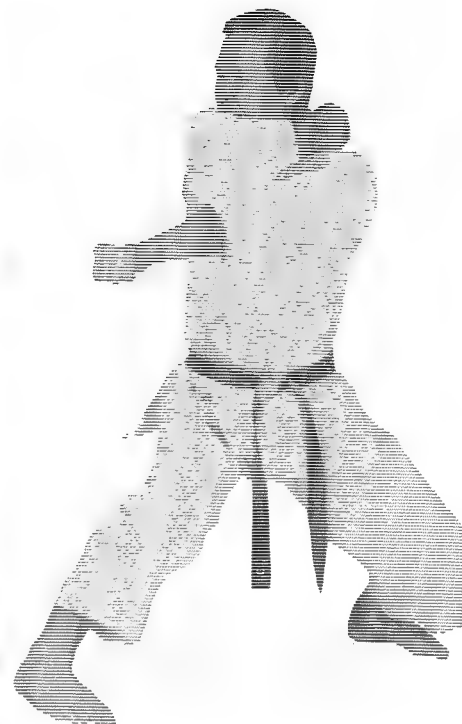
33



34



Front View



Front View

58. ... land still in a straddle leg stance and perform a simultaneous block and counter right outside block, (finishing as shown) and left reverse punch under it. *Fast.*

61. ... land in a left hourglass stance and pull both fists back to the sides. *Fast.*

62. Perform a U punch — right fist high, left fist (palm up) low. *Fast.*

63. Move the right foot forward and opening both hands, circle them in a clockwise direction...

36



37

KIAI



35



59. Shuffle both feet back in the opposite direction (to their previous position) and perform a right downward block. *Fast.*

Front View



60. Move the right foot far across your left and face around 225° to the left pivoting on the left foot and crossing both arms in front of the body...

64. ...land in a right hourglass stance and pull the hands back with wrists bent backwards in a hooking action to the sides — the left high (fingers pointing up) and the right low (fingers pointing down). Perform a roundhouse block. *Slow.*

65. Perform a double palm-heel strike — left hand high, right hand low to the front. *Slow.*

66. Move the right foot back on line with the left foot and cross your arms in your front of the body...

38



39



40



67. ...land in natural stance. Finish. (YAME).

3. (5) Continuing 2: Catching your opponent's wrist pull him forward, at the same time, with your weight forward, strike your elbow hard against his armpit. *Note: This movement can also break his arm.*



4. (8) Your opponent attempts to attack your face. Bring both fists and arms together holding and blocking his arm, simultaneously bring your knee up to protect your weak point.





1. (3) As the opponent attempts to punch you, with your open hand block his attack by pushing down his fist going into a back stance in one flowing movement – using his power against him.



2. (4) Continuing from 1: Sliding both feet forward hand on opponent's arms punch him hard with power, attacking the middle of his body.

5. (13) Your opponent attempts to punch your stomach from the side. Block with your knife hand and grab his wrist pulling him to your side, simultaneously side thrust kick him.

6. (34) Attacked from the back to the middle part of your body swing both arms and turn to face him, your left blocking the punch, your right striking the side of his face with the inside part of the knife hand.



Gojushiho-Dai



The outstanding features of this Kata are the three consecutive Chudan (middle section) attacks using Hitosashi-Yubi-Ippon-Nukite (one-finger spear-hand with the index finger) arising from Keito-Uke (chicken-head wrist block) and performed in Neko-Ashi-Dachi (cat stance). The Kata conveys the idea of a bird attacking its enemy with its sharp beak.



五十四歩大

GOJUSHIHO-DAI

1



1. Natural stance.

2



2. Cross your arms in front of your body.



3. (YOI) ... for the starting position.

7. ...land in a left front stance and perform double vertical punches to the front of the body. *Slow.*

8. Look 90° to the right and step forward with the right foot in that direction, pulling both fists vertical, right fist over the left fist to the left side...

9. ...land in a right front stance and perform double vertical punches to the front of the body. *Slow.*

4



5





3



4. Step forward with the right foot, whilst crossing the right fist high over the left arm...

5. ...land in a right front stance and perform a right back fist strike, bringing the right elbow to rest on top of the vertical left fist. The movements must be simultaneous. *Slow.*

6. Look 45° to your left and step forward with the left foot in that direction, pulling both fists vertical, left fist over the right fist, to the right side of your body...

10. Look 90° to the left, then step in that direction, with the left foot crossing the left open hand under the right arm...

11. ...land in a left front stance, slightly bending the back knee and perform a left vertical knife edge block. *Slow.*

12. Perform a right reverse punch from a correct front stance...



6



7



8



13. ... a left straight punch ...

9



14. ... a right front snap kick the left arm still extended.



15. ... as the foot snaps back ...

19. Perform a left reverse punch, on a correct front stance ...

20. ... a right straight punch ...

21. ... a left front snap kick the right arm still extended ...

12



13



14



10



11



16. ...land back in the same position—a left front stance, and perform a right reverse punch as you land. *Fast. Note: The double punch, kick and punch are all performed in one continuous action.*

17. Look 90° to the right and step in that direction with the right foot, crossing the right open hand over to the left shoulder...

18. ...land in a right front stance, slightly bending the back knee and perform a right vertical knife edge block. *Slow.*

22. ...as the foot snaps back...

23. ...land back in the same position—a right front stance—and perform a left reverse punch as you land. *Fast. Note: This combination is performed in one continuous action.*

24. Look to the front and step across and forward with the right foot, raising the left hand high...

15



16



25. ... land in a right front stance and pulling the left fist back to the side perform a rising elbow strike with the right arm. *Fast.*

Side View



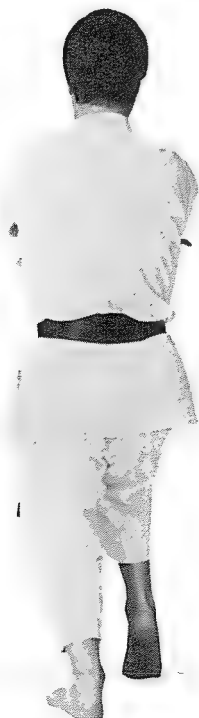
26. Look 180° to the left to face the rear and move the left foot across to the left, raising the right open hand and extending the left open hand in front of the body...

29. ... land in a cat stance and bending the right elbow perform a right chicken-head wrist block with the forefinger extended the left open hand — palm down, lightly supporting the right elbow.. *Slow. Note: For front view see No. 37.*

30. Perform a right chicken-head, wrist sweeping block by pulling the right hand back to the right side and a left vertical knife hand pressing block by extending the left hand to the front. *Slow. Note: For front view see No. 38.*

Side View

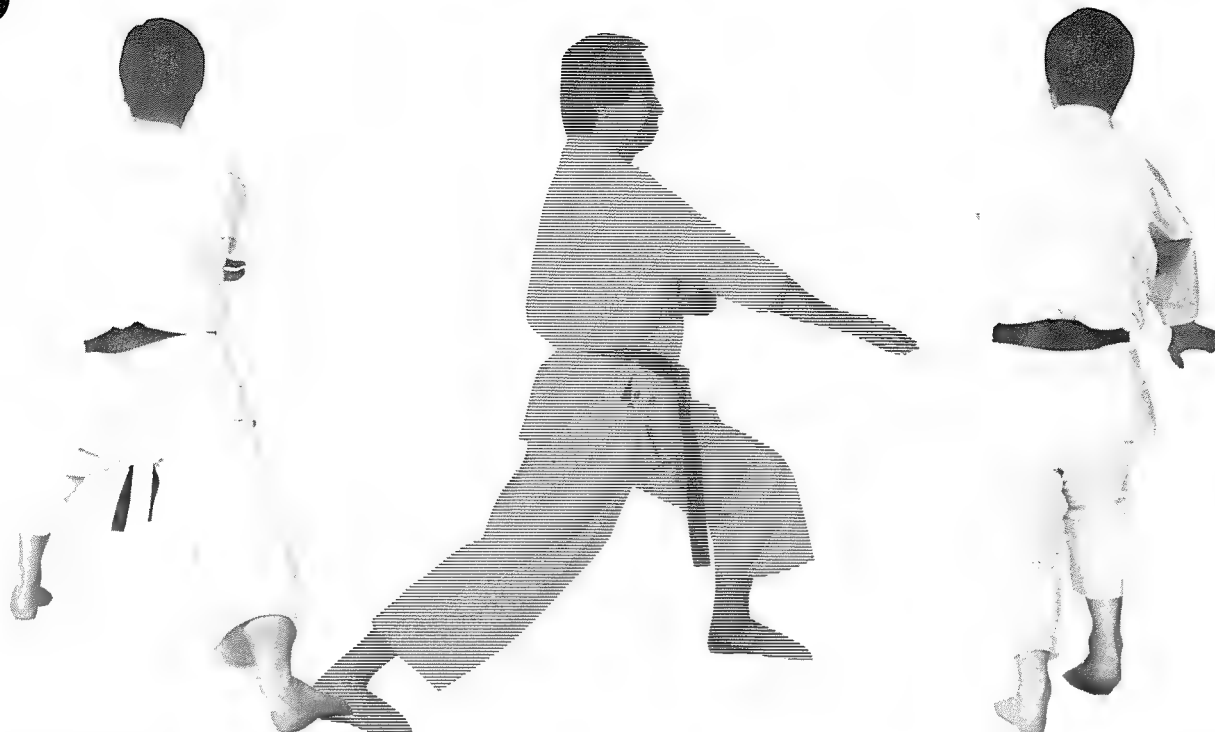
18



19



17



27. ...land in a left front stance and thrust the right open hand – palm down – to the front of the body whilst pulling the left open hand – palm up to a position under the right elbow – perform a tiger-mouth hand scooping block. *Fast.*

Side View

31. Move the right foot forward followed by the left foot and thrust attack the right spear-finger hand forward ... *Note: For front view see No. 39.*

32. ...land in another cat stance and perform a right one finger spear-hand thrust in a downward direction the left hand formed in a chicken-head wrist position – forefinger extended is held at the inside of the right elbow. *Fast. Note: For front view see No. 40.*

28. Move the right foot forward in a small arc and maintaining the same left hand and right elbow contact bend the right wrist and excepting the forefinger bend the fingers at the second joint ... *Note: For front view see No. 36.*

33. Without moving the legs perform a left one finger spear-hand thrust in a downward direction – the right hand formation unchanged and held at the inside of the left elbow ... *Fast. Note: For front view see No. 41.*

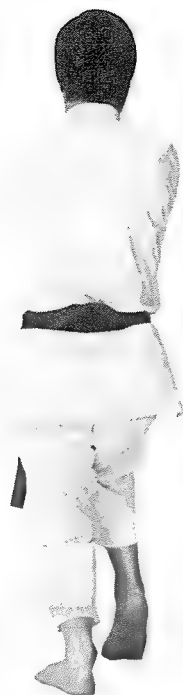
20



21



22



34. ...without pause, perform a right one-finger spear-hand thrust in a downward direction – the left hand formation unchanged and held at the inside of the right elbow. *Fast. Note: Front view see No. 42.*



35. Pivot around 180° to the left on the left foot to face the front and move both arms – hand positions held – to the front...



36. ...move the right foot around to the front and then in a half circular motion from the inside outward, bring the right arm upwards with the left hand under the right elbow...

40. ...land in another cat stance and perform a right one-finger spear-hand thrust in a downward direction the left hand formed in a chicken-head wrist position, forefinger extended, is held at the inside of the right elbow. *Fast.*

41. Without moving the legs perform a left one finger spear-hand thrust in a downward direction – the right hand formation unchanged and held at the inside of the left elbow. *Fast.*

42. ...without pause, perform a right one finger spear-hand thrust in a downwards direction – the left hand formation unchanged and held at the inside of the right elbow. *Fast.*

25



26



27



23



24



37. ...land in a cat stance and perform a right chicken-head wrist block the forefingers extended and the left open hand – palm down and forefinger extended supporting the right elbow. *Slow.*

38. Perform a right chicken-head wrist sweeping block by pulling the right hand back to the right side and a left vertical knife hand pressing block to the front...

39. ...move the right foot forward, followed by the left foot and thrust attack forward with the right spear hand...

43. Move the left foot around to the left on a line with the right foot – turning to face 270° to the left, swing both open hands across the body...

44. ...land in a straddle leg stance and perform a left ridge hand block to the side of the body, the right arm, palms up, stopping in front of the body. *Fast.*

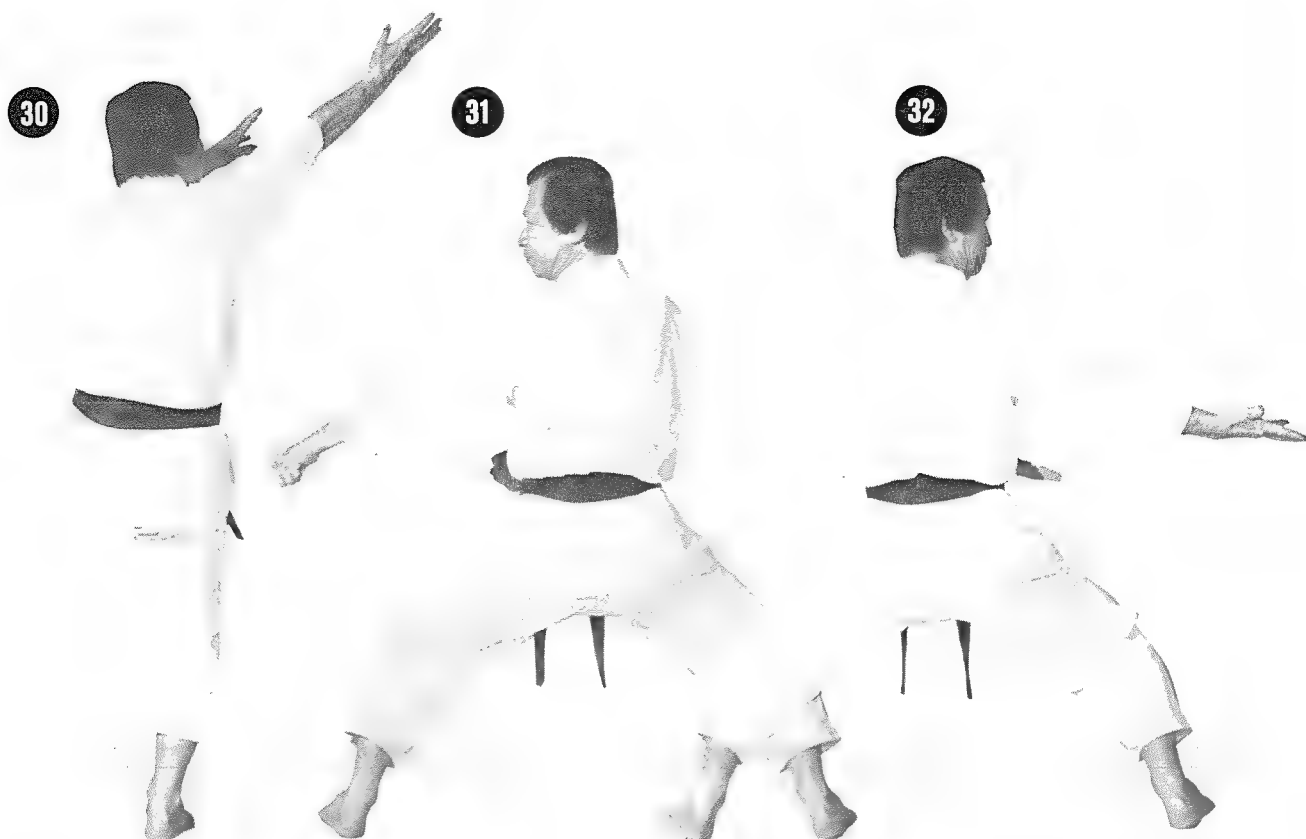
45. Without raising the body or moving the arms, move the right foot to the left in front of the left...

28



29





46. ...swing the left leg up in front of the body and reach high to the right side with both hands parallel and palms turned inward — look up at the hands...

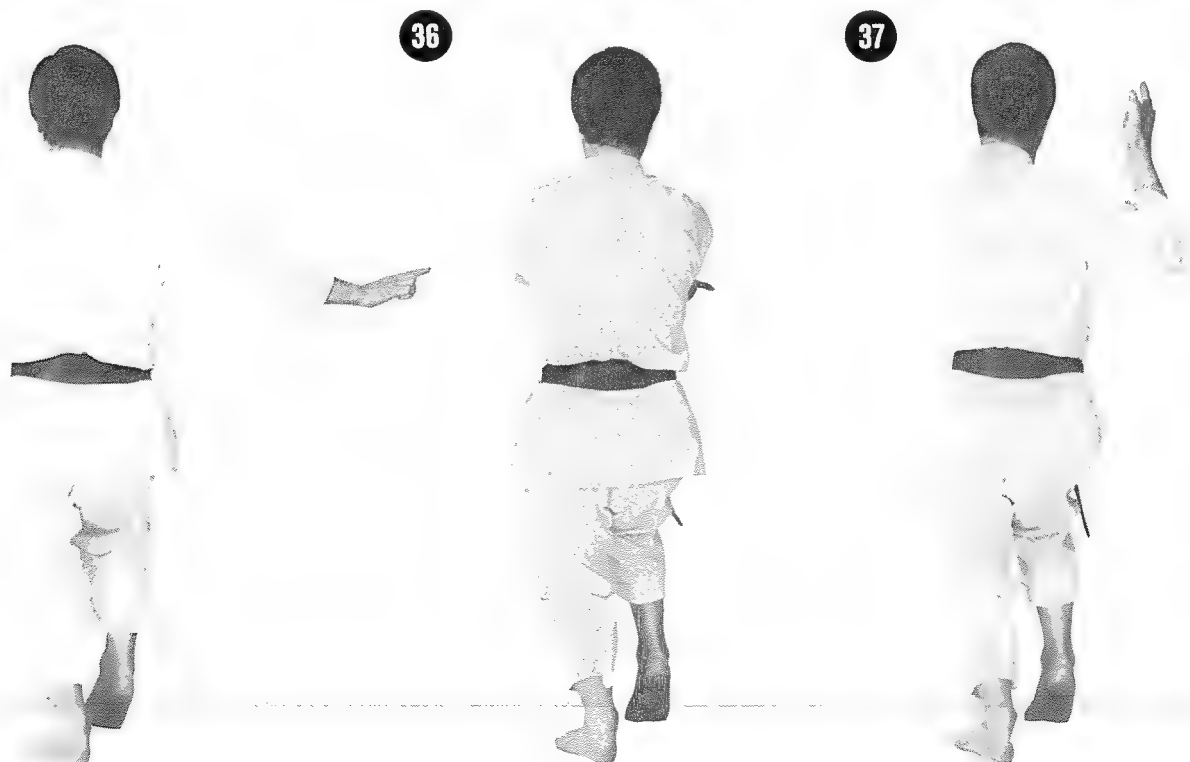
47. ...stamp down into a straddle leg stance, look over the left shoulder and swing both hands down and across to the left side, the right fist (palm up) stopping in front of the body and completing a two hand grasping block. *Fast.*

48. Look 180° to the right, simultaneously perform a right ridge hand block to the side of the body, the left arm stopping in front of the body, palms up. *Fast.*

52. Look 90° to the left and move the right foot in towards the left and then forward in a small circular motion inside outwards, whilst opening both hands into one finger spear-hand formation...

53. ...land in a cat stance and perform a right chicken-head wrist block, the forefinger extended and the right elbow resting on the back of the left hand. *Slow. Note: For front view see No. 36.*

54. Perform a right chicken-head wrist sweeping block and a left vertical knife hand pressing block to the front... *Note: For front view see No. 38.*



33



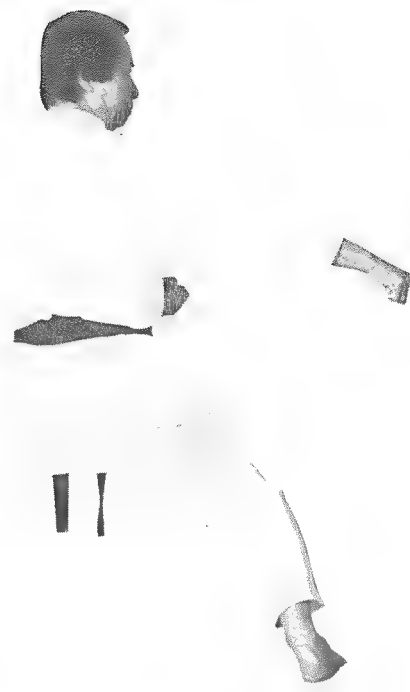
49. Without raising the body or moving the arms, move the left foot to the right in front of the right foot...

34



50. ...swing the right leg up in front of the body and reach high to the left side with both hands, palms turned inward, look up at the hands...

35



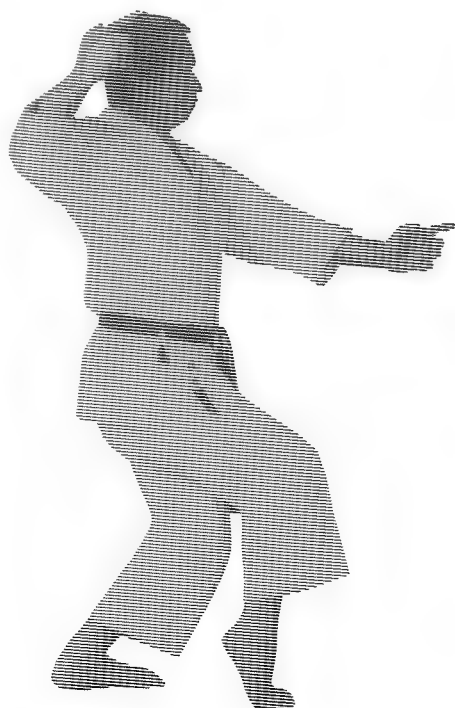
51. ...stamp down into a straddle leg stance, look over the right shoulder and swing both hands down and across to the right side, the left fist (palm up) stopping in front of the body and completing a two hand grasping block. *Fast.*

Side View

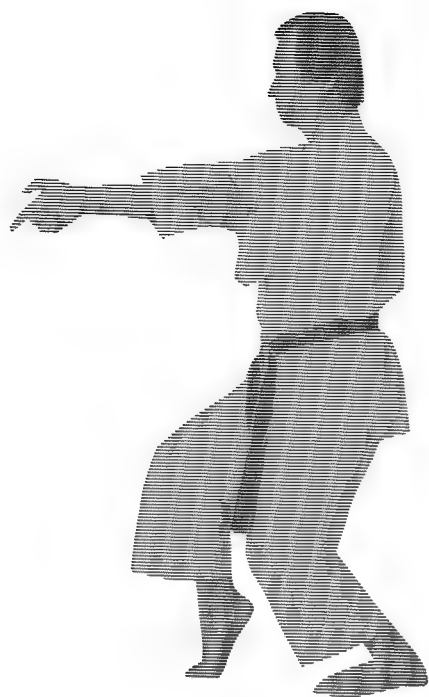
55. Move the right foot forward, followed by the left foot, and thrust attack forward with the right spear-finger hand... *Note: For front view see No. 39.*

56. ...land in another cat stance and perform a right one finger spear-hand thrust in a downward direction. The left hand in a chicken-head wrist formation, forefinger extended is held at the inside of the right elbow. *Fast. Note: For front view see No. 40.*

38



39



Side View



Side View

57. Without moving the legs perform a left one-finger spear-hand thrust in a downward direction, the right hand formation unchanged and held at the inside of the left elbow. *Fast.* Note: For front view see No. 41.

60. ... land in a left front stance and perform a right horizontal spear-hand thrust – palm up – to the lower level. *Fast.*

61. Keeping the left fist at the hip, move the right foot forward whilst circling the right fist high ...

62. ... land in a right front stance and perform a right upward back fist strike to the face. *Fast.*

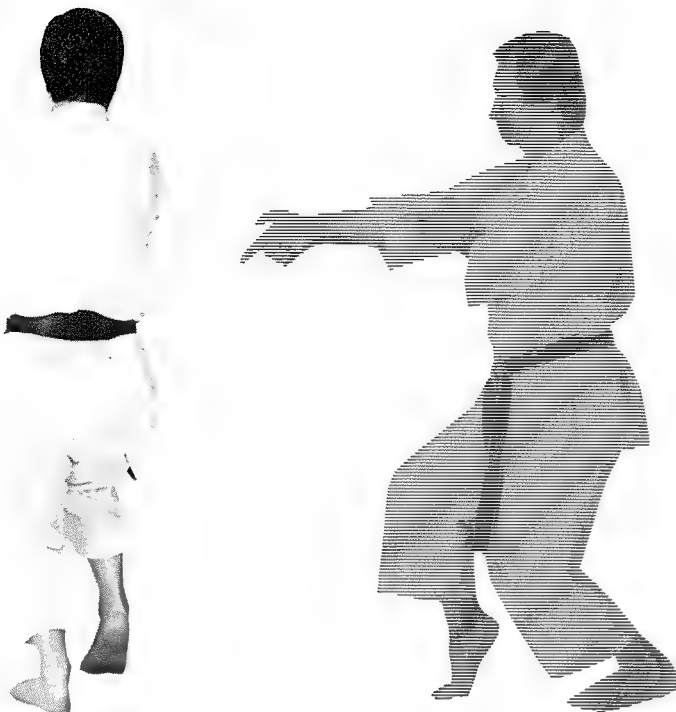
41



42



40



58. Without pause, perform a right one finger spear-hand thrust in the downward direction, the left hand formation unchanged and held at the inside of the right elbow. *Fast.*
Note: For front view see No. 42.

Side View



59. Move the left foot across to the left and then forward, turning 180° to the left to face the front...

63. Twist the hips and perform a left horizontal spear-hand thrust — palm up. *Fast.*

64. Keeping the right fist at the side, move the left foot forward whilst circling the left fist high...

65. ...land in a left front stance and perform a left upward back fist strike to the face. *Slow.*

43



44





66. Move the right foot forward, whilst raising the right hand to the side and pressing the thumb and finger tips together to form a collective striking surface...

45



67. ...land in a right front stance and perform a downward striking eagle-hand attack to the middle level with the right hand. *Fast.*

46



68. Without pause drop the right hand down, turn the wrist so the finger and thumb tips face upward and snapping the hand back up perform an upward striking eagle-hand. *Fast.*

Side View

72. Move the right foot forward and around in a small circular motion inside to out whilst opening both hands into one-finger spear-hand formations...

73. ...land in a cat stance and perform a right chicken-head wrist block — the fore-finger extended and the right elbow resting on the back of the left hand. *Slow.*



50



47



69. Without moving either hand positions, perform a left front snap kick...

48



70. ... as the foot snaps back cross the right arm over the extended left arm and perform a simultaneous right outside block and left front punch...

49



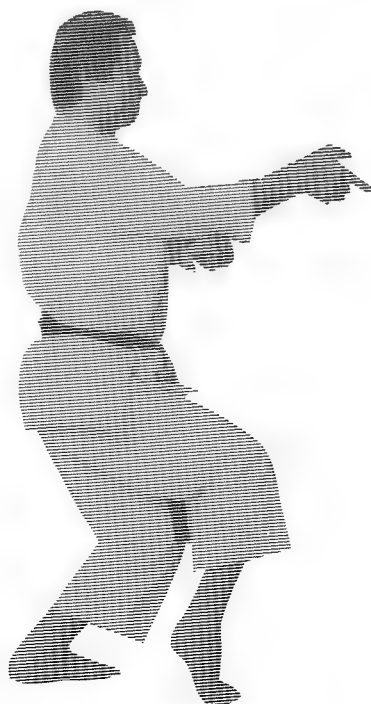
71. ... move the left foot back, and around to the left to face the rear, landing in a left front stance and perform a simultaneous right downward sweeping block to the rear, and with the body leaning slightly into it – a left elbow strike to the face...

Side View

74. Perform a right chicken-head wrist sweeping block and a left vertical knife hand pressing block to the front...

Side View

51



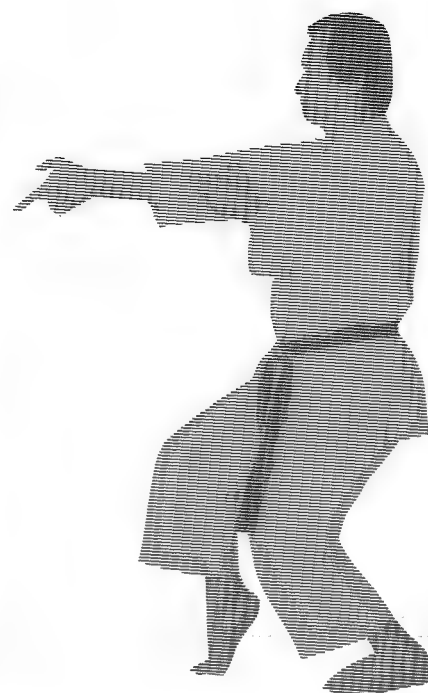
52



75. ...move the right foot forward followed by the left and thrust the right hand forward...



76. ...land in another cat stance, perform a right one finger spear-hand thrust in a downward direction – the left hand in the same formation is held at the inside of the right elbow. *Fast.*



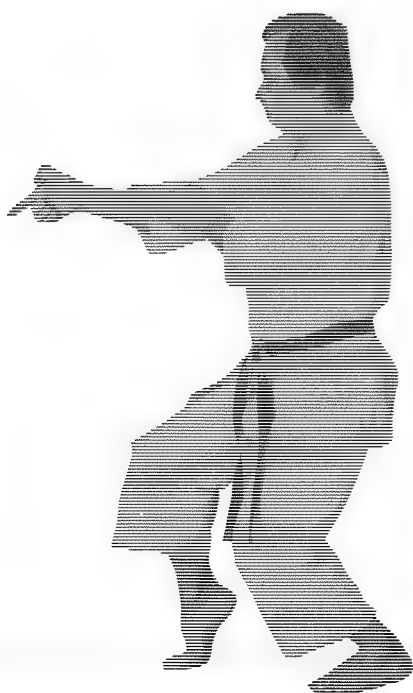
Side View

Side View

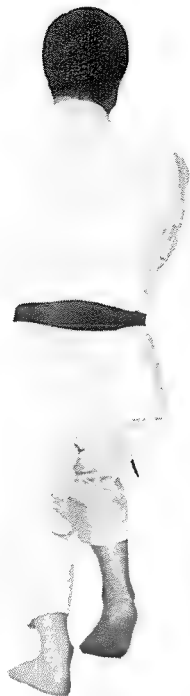
79. Move the left foot around to the left on line with the right foot – turning to face 270° to the left, swing both open hands across the body...

80. ...land in a straddle stance and perform a left ridge-hand block to the side of the body – the right arm, also palm up, stopping in front of the body. *Fast.*

55

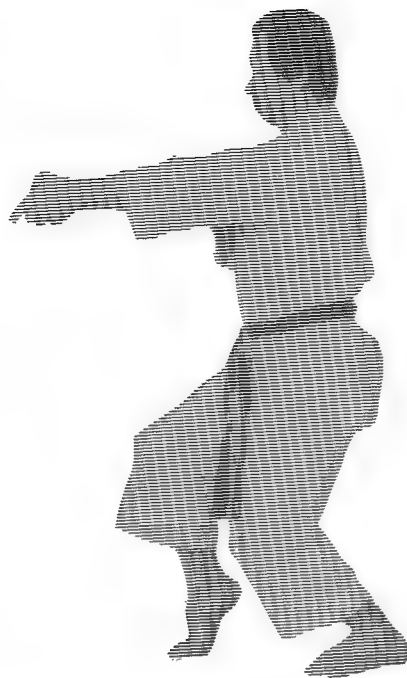


53

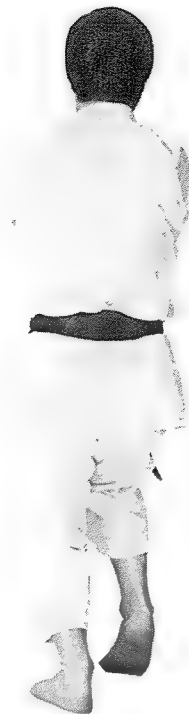


77. Without moving the legs perform a left one finger spear-hand thrust in the same direction – the right hand held at the inside of the left elbow. *Fast.*

Side View



54



78. Without pause perform a right one-finger spear hand thrust in the same direction – the left hand held at the inside of the right elbow. *Fast.*

81. Without raising the height of the body or moving the arms, move the right foot to the left in front of the left foot...

82. ...swing the left foot up in front of the body as you look to the front and pulling the right fist back to the hip perform a left vertical knife hand block to the front...

83. ...stamp down into a straddle leg stance whilst pulling the left fist back to the hip with the elbow position outward, perform simultaneously a vertical spear-hand thrust to the front with the right hand. *Fast.*

56



57



58



59



84. Look 90° to the right and swing both arms to the right side, performing a right hand block – the left arm also palm up stopping in front of the body. *Fast.*

60



85. Without raising the body or moving the arms, move the left foot to the right in front of the right foot...

61



86. ...swing the right foot up in front of the body as you look to the front and pulling the right fist back to the hip perform a left vertical knife-hand block to the front...

90. Move the right foot back and around, pivoting on the left foot and cross the left fist under the right arm...

91. ...land in a straddle leg stance and perform a left hammer fist strike to the middle level. *Fast.*

92. Keeping the left fist extended move the right foot forward...



64



62



87. ...stamp down into a straddle leg stance whilst pulling the left fist back to the hip with the elbow pointing outward perform a vertical spear-hand thrust to the front with the right hand. *Fast.*

63



88. Move the right foot in and then forward whilst crossing the right arm — fist high — over the left arm...



89. ...land in a right front stance and perform a right back fist strike bringing the right elbow to rest on top of the vertical left fist. The movements must be simultaneous. *Slow.*

93. ...land in a right front stance and perform a right stepping punch. *Fast.*

94. Look 90° to the left and move the left foot back and onto a line with the right foot, extending both arms out to the front of the body...

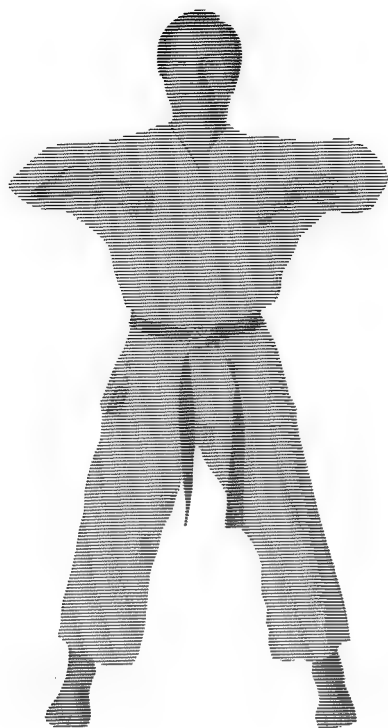
95. ...land in a natural stance and bring both elbows up to the sides, the fists vertical and on line at chest height. *Slow.*

65 KIAI



66



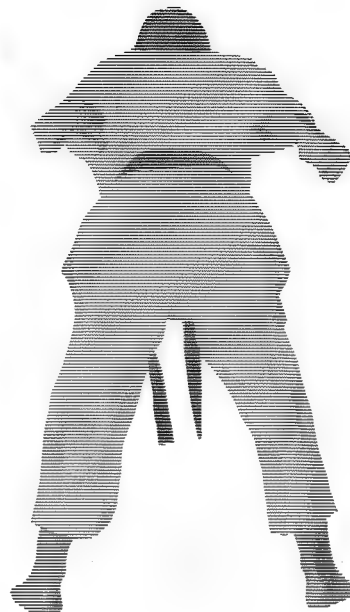


Front View

67

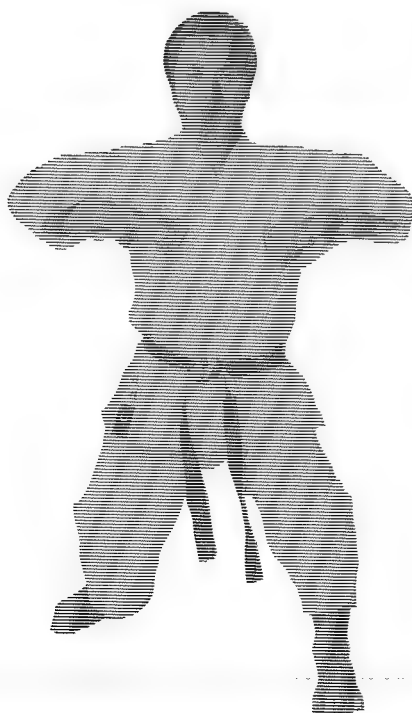


96. Bend forward at the waist and swinging both fists around to the rear perform a double hammer fist scissors strike behind you. *Fast.*



Rear View

Front View



99. Move the right foot forward and cross both arms — open hands — high in front of the body...



70

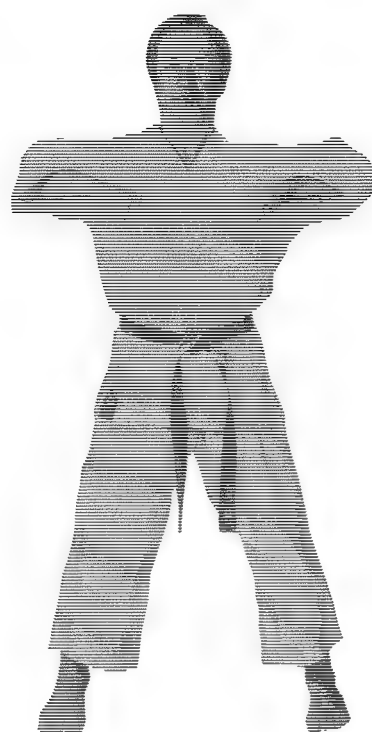
100. ...land in a cat stance and perform double knife hand downward sweeping blocks to the sides of the body. *Slow.*



68



97. ...without pause, straighten the body and bring the elbows and fists back to the previous position. *Fast.*



Front View

69



98. Turn 90° to the left and move the left foot forward into a left front stance – without moving the arms – using a hip twist.

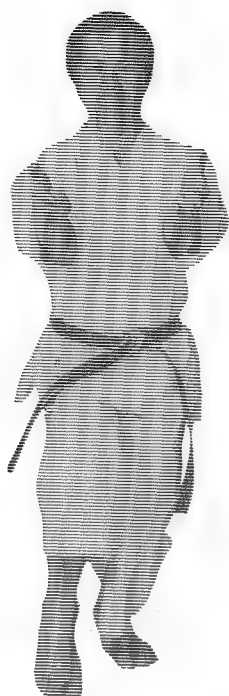
Front View

101. Without moving the legs, bring both hands to the front of the body bending the wrists and extending the forefinger on each hand...

102. ...bring both hands up and perform double chicken-head wrist blocks – forefingers extended to the middle level. *Slow.*

71

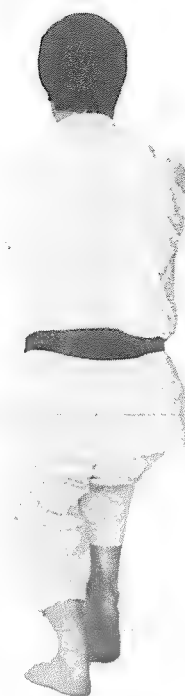




Front View



72



103. Move the right foot forward quickly followed by the left foot...

104. ...land in a cat stance and thrust both hands forward and in a downward arc performing double one-finger spear-hand thrusts...

106. Turn 180° around to the left to face the front, and swing the right arm across the body in the same direction...

107. ...move the right foot forward and around in a small circular motion—inside outward and maintaining the same hand formations, swing the right arm across the body...

108. ...land in a cat stance and perform a right chicken-head wrist block — the forefinger extended and the right elbow resting on the left hand. *Slow.*

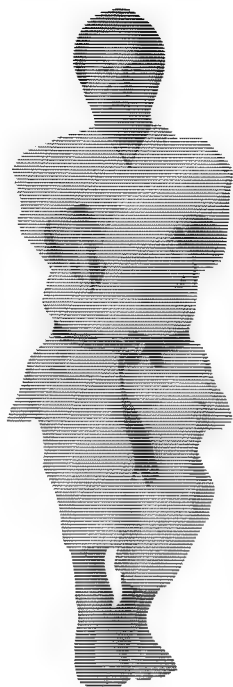


74



KIAI

73



Front View



105. ...snap both hands up to former positions ... *Fast.* Front View

109. Move the right foot back in line with the left, crossing the arms – fists closed in front of the body ...

110. ...return to the starting position – natural stance.



75





1. (5) As the opponent attempts to punch you, block the attack with the left fist down. At the same time sweeping the right back fist to the face. This movement must be continuous.



2. (27) The opponent attempts a kick to the body. With the left hand scoop the achilles heel, with the other hand using a 'tiger mouth' hand press hard on his knee to break his leg.

5. (30) Your opponent's attempt to kick you is countered on the same principle as 4, this time using the vertical knife hand block against the inside of his thigh, right chicken wrist block is used as in explanation 4.

6. (32) The one finger spear-hand attacks are used against your opponent's solar plexus, first with one and then with the other hand. Each hand strongly supporting the arm of the other. It is important that you find his solar plexus.





3. (29) The opponent attempts a punch to the body. Block it with a chicken head wrist block in an outward motion striking the inside part of his wrist.



4. (30) Your opponent's attempt to strike your face, is blocked by an outward chicken head wrist block striking the opponent's inside part of the wrist, the momentum of the block is to the inside of your head. At the same time your left hand is thrust forward using a vertical knife hand edge block to counter a possible second attack.

7. (67) Your opponent's attack to the body is anticipated, by bunching the thumb and finger tips of your hand and with a downward thrust attack and block use the 'eagle hand' against the top of his wrist.

8. (68) Using the 'eagle hand' and continuing from 7, thrust attack upwards against your opponents throat.





9. (71) Continuing from 48: Your opponent attempts to punch you from behind. Turning quickly block his punch with your elbow, at the same time moving in and striking him in the face. The other arm is used as a downward block.



10. (95) Your opponent throws his arms around you from the rear. Extend both elbows outwards quickly, breaking his hold.

11. (96) Continuing from 10: Bend forward quickly and using your buttocks and hips attack him by swinging both fists back against his kidneys using a double hammer punch.





五十四歩小

GOJUSHIHO-SHO

Gojushiho-Sho



Characteristic of this Kata are the three consecutive Chudan (middle-section) attacks consisting of Shihon-Nukite (four-finger spear-hand). These attacks arise from Chudan-Tate-Shuto-Uke (vertical knife-hand block) pressing down with Haishu-Uke (back-hand block) against a body attack. Like Gojushiho-Dai it expresses the movements of a bird attacking an enemy with its beak, wings and claws.

1



1. Natural stance.

2



2. Cross your arms in front of your body ...

3. (YOI) ... to the starting position.

4. Move the right foot forward whilst crossing the right arm — fist high — over the left arm ...

5. ... land in the right front stance and perform a right back fist strike bringing the right elbow to rest on top of the vertical left fist. The movements must be simultaneous. *Slow.*

6. Look 45° to the left and move the left foot forward at 45° crossing the arms in front of the body ...



3



4



7. ...land in a right back stance and perform a reverse wedge block. *Slow.*



8. Look 90° to the right and move the left foot across in that direction...



9. ...bringing the left foot in front of the right, move the right foot forward on the same angle whilst crossing the arms in front of the body...

13. Perform a right reverse punch, pushing the back knee to a correct front stance...

14. ...a left straight punch...

15. ...a right front snap kick the left arm still extended...

7

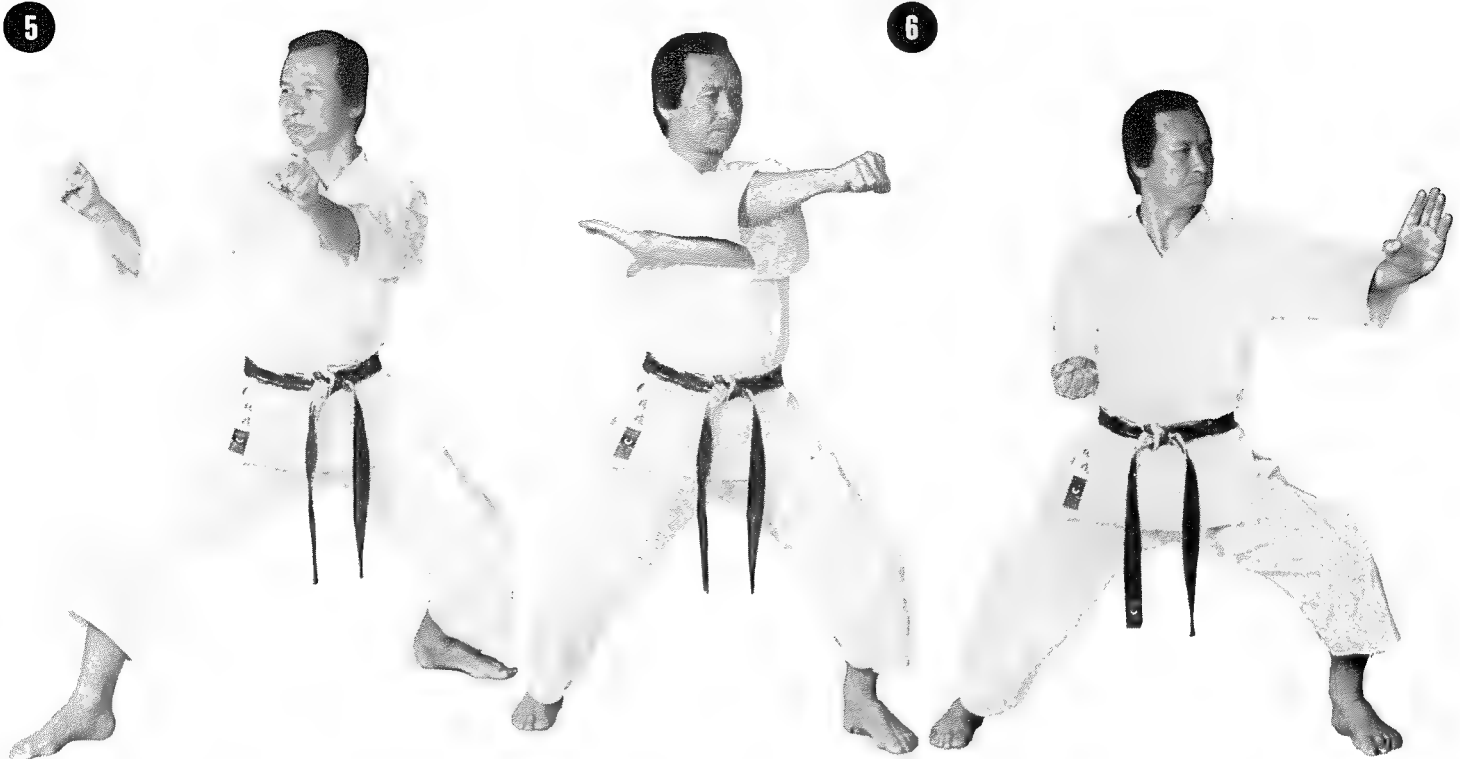


8



9





10. ...land in a left back stance and perform a reverse wedge block. *Slow.*

11. Look 90° to the left and move the left foot forward in that direction whilst crossing the left open hand under the right arm...

12. ...land in a left front stance back knee slightly bent and perform a left vertical knife hand block. *Slow.*

16. ...as the foot snaps back thrust the body forward and down...

17. ...into a right front stance and perform a right stepping punch. *Fast. Note: The preceding double punch, kick and punch are all performed in one continuous action.*

18. Look 90° to the right and move the right foot across in that direction whilst moving the right open hand across the body...



11



19. ...land in a right front stance, back knee slightly bent, and perform a right vertical knife hand block. *Slow.*

12



20. Perform a left reverse punch, pushing the back knee to a correct front stance...

13



21. ...a right straight punch...

25. Look to the front and move the left foot across and backwards whilst raising the left hand to the front...

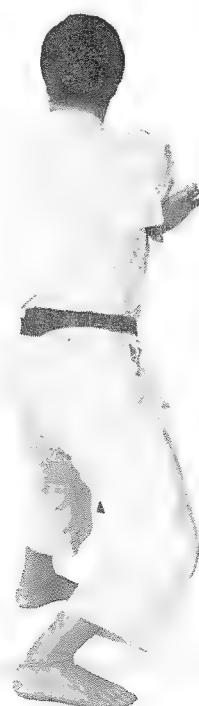


16

26. ...land in a right front stance and pulling the left fist back to the side perform a rising elbow strike with the right arm. *Fast.*



27. Turn 180° to the left, move the right foot across to the left and back, moving towards a back stance; extend the right hand in front of the body and on top of the left hand – palm down...



14



22. ... a left front snap kick the right arm still extended ...

15



23. ... as the foot snaps back thrust the body forward and down ...



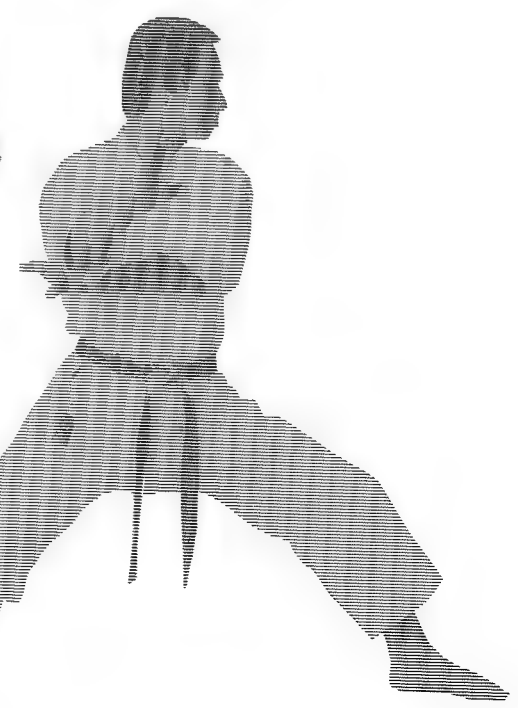
24. ... into a left front stance and perform a left stepping punch. *Fast. Note: Again this double punch, kick and punch combination is performed in one continuous action.*

Side View

28. ... as you land in a right back stance, the right hand supported at the elbow by the back of the left hand, perform a vertical knife hand block to the side of the body. *Slow.*

Side View

17





29. Cross the right hand under the left... Side View



18



30. ...and perform a double block, a right back hand pressing block and a left knife hand downward block. *Fast.*

Side View

33. Perform a left vertical spear hand thrust – the right hand moving back to press the inside of the left elbow...

Side View

20



19



Side View

31. Move the right foot forward ...



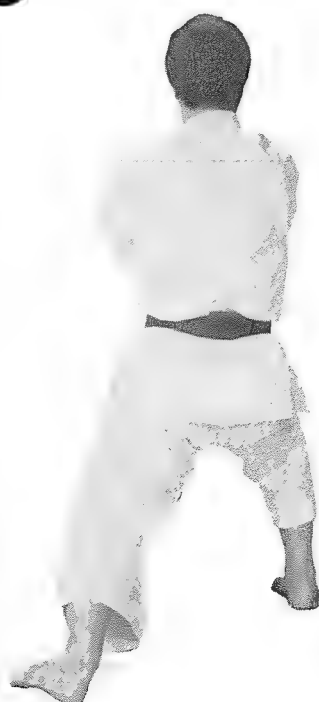
32. ... into a right front stance and perform a right vertical spear hand thrust with the left hand lightly pressed against the inside of the right elbow. *Fast.*

34. ... without pause perform a right vertical spear hand thrust – the left hand in turn pressing the inside of the right elbow. *Fast.*

Side View

35. Take a short step forward with the right foot and then turn 180° to the left – to face the front – moving the left foot across and extending the right arm – hand open in front of the body and on top of the left hand – palm down ...

21



22



36. ...land in a right back stance and perform a right vertical knife hand block – the right elbow supported by the back of the left hand – to the side of the body. *Slow.*



37. Cross the right hand under the left arm...

23



38. ...and perform a double block – a right back hand pressing block and a left knife hand downward block. *Fast.*

42. ...without pause perform a right spear hand thrust – the left hand in turn pressing the inside of the right elbow. *Fast.*

43. Move the left foot around to the left – on a line with the right foot – turning to face 270° to the left, swing both open hands across the body...

44. ...land in a straddle leg stance and perform a left ridge hand block to the side of the body, the right arm – palm up – stopping in front of the body. *Fast.*

26



27





24

39. Move the right foot forward...



40. ...into a right front stance and perform a right vertical spear hand thrust – the left hand pressed against the inside of the right elbow. *Fast.*

25



41. Perform a left vertical spear hand thrust – the right hand moving back to press the inside of the left elbow...

Front View

28

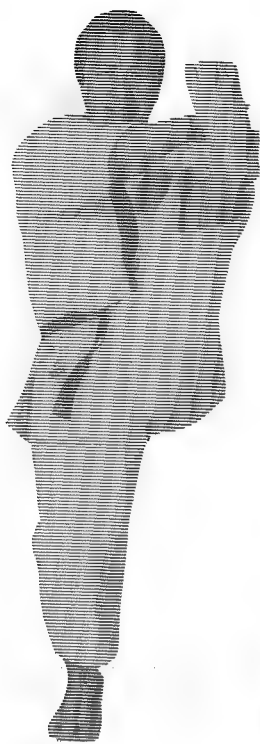


45. Without raising your body or moving your arms, move the right foot to the left in front of the left foot...

29



46. ...look 90° to the right and at the same time swing the left foot up high in front of the body and extend both hands – right over left – to the front...



Front View

30



47. ... perform a left stamping kick, landing in a straddle leg stance whilst closing both hands into fists and pulling them into the left side of the body – vertical right fist on top of the left fist – perform a grasping block. *Fast.*



Front View

50. ... look 90° to the left and at the same time swing the right foot up high and extend both hands – left over right – in front of the body...

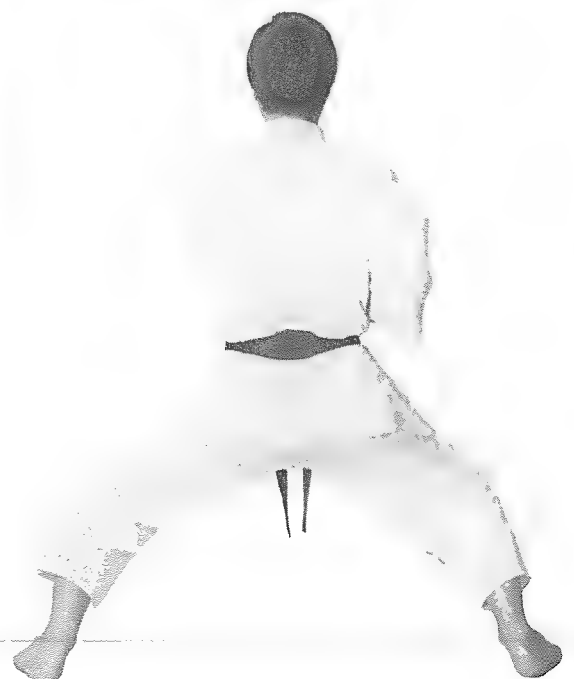
Front View

51. ... perform a right stamping kick, landing in a straddle leg stance and perform a grasping block to the right side of the body. *Fast.*

33



34



31



48. Look 90° to the right and perform a right ridge hand block to the side of the body – the left arm stopping in front of the body. *Fast.*

Front View

32



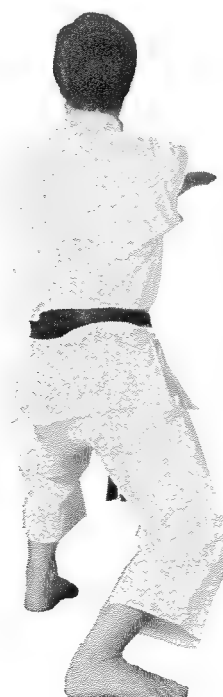
49. Without raising your body or moving your arms, move the left foot to the right in front of the right foot...

Front View

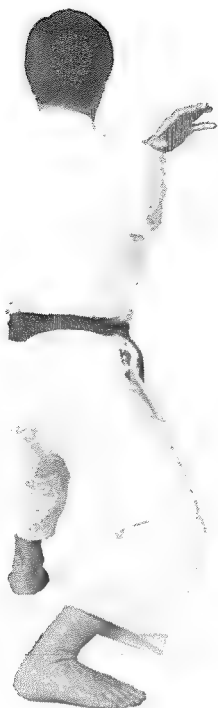
52. Move the right foot in and backwards whilst extending the right arm – hand open in front of the body and on top of the left hand – palm down... *Note: See No. 27 for side view.*

53. ...land in a right back stance and perform a right vertical knife hand block – the right elbow supported by the back of the left hand. *Slow. Note: See No. 28 for side view.*

35



36



54. Cross the right hand under the left arm... *Note: see No. 29 for side view.*



55. ...and perform a double block. — a right back hand pressing block and a left knife hand downward block. *Fast. Note: See No. 30 for side view.*



56. Move the right foot forward...

60. Move the left foot across to the left on the same line and turn 180° to face the front raising the right open hand high to the front of the body...

61. ...land in a left front stance and perform a right knife hand strike from the outside to the upper level. *Fast.*

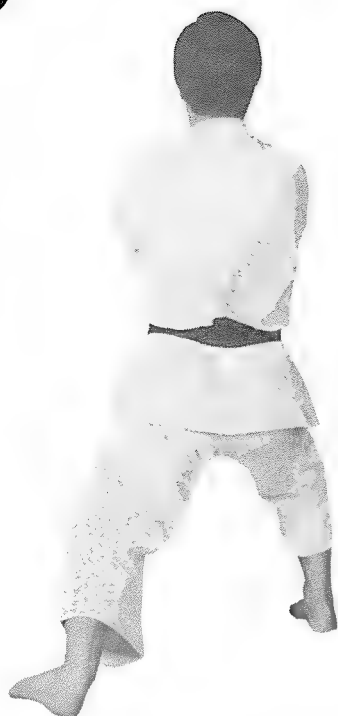
Side View



40



37



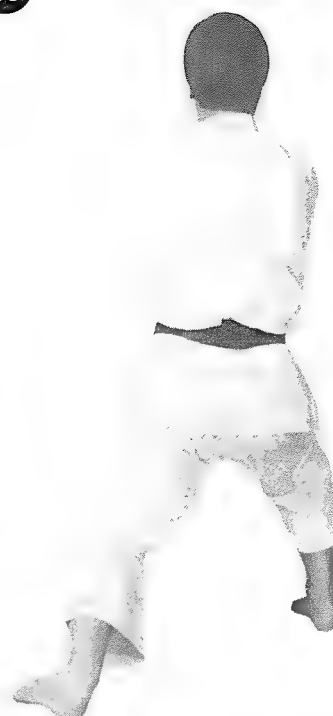
57. ...into a right front stance and perform a right vertical spear hand thrust — the left hand pressed against the inside of the right elbow. *Fast. Note: See No. 32 for side view.*

38



58. Perform a left vertical spear hand thrust — the right hand moving back and into press the inside of the left elbow... *Note: See No. 33 for side view.*

39



59. ...without pause perform a right vertical knife hand thrust — the left hand, in turn, pressing the inside of the right elbow. *Fast. Note: See No. 34 for side view.*

62. Move the right foot forward, keeping the left fist at the hip and crossing the right open hand over the left shoulder...

63. ...land in a right stance and perform an inside knife hand strike with the right hand. *Slow.*

Side View

41



42



64. Direct from the left hip, without moving the legs, perform a left knife hand strike from the outside. *Fast.* Side View

65. Move the left foot forward keeping the right fist at the hip and crossing the left open hand over the right shoulder...

68. ...with a hip thrust, perform a right inside block. *Fast.*

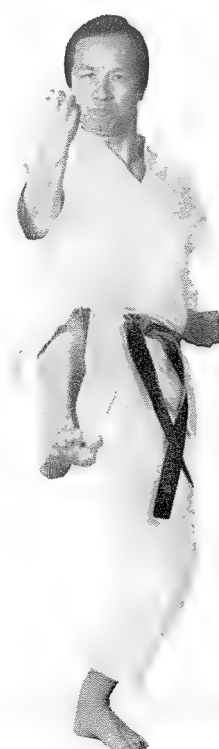
69. Without moving the arms, perform a right front snap kick...

70. ...as the foot snaps back, step forward and down...

44



45



43



66. ... land in a left front stance and perform an inside knife hand strike with the left hand. *Slow.*

Side View

67. Without moving the legs, cross the right fist under the left arm...

71. ...into a deep right crossed stance and perform a left downward punch whilst pulling the right fist across and up to the left shoulder. *Fast.*

72. Step backwards with the left leg into a deep front stance, continuing to look to the front and perform a right downward block, leaning away so that the body and blocking arm are in alignment. *Fast.*

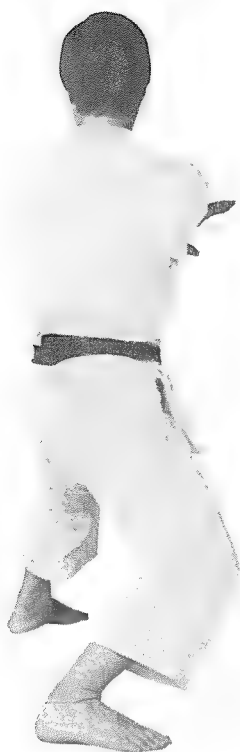
Side View

46



47



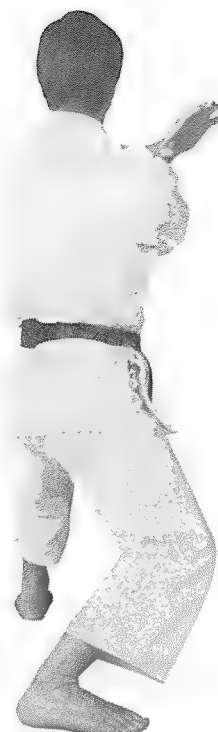


73. Look 180° to the left and slightly move the right foot to the rear with the left following it until the right heel is on line with the left foot, and extend the right arm – hand open in front of the body and on top of the left hand – palm down. *Note: See No. 27 for side view.*

48



74. Shifting the weight back, land in a right back stance and perform a right vertical knife hand block – the right elbow supported by the back of the left hand – hard – to the side of the body. *Slow. Note: See No. 28 for side view.*



75. Cross the right hand under the left arm... *Note: See No. 29 for side view.*

79. Perform a left vertical knife hand thrust – the right hand moving back and in to – press the inside of the left elbow... *Note: See No. 33 for side view.*

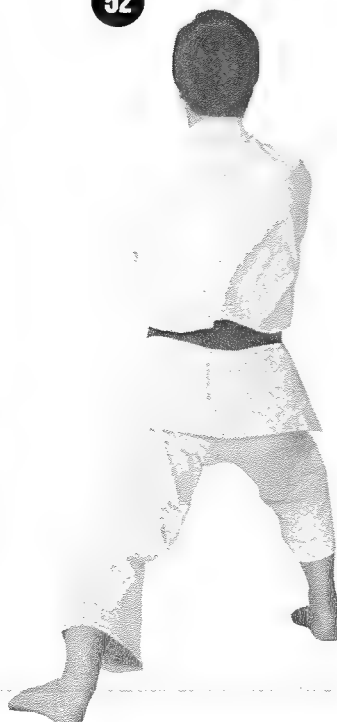
80. ...without pausing perform a right vertical knife hand thrust – the left hand in turn pressing the inside of the right elbow. *Fast. Note: See No. 34 for side view.*

81. Move the left foot around to the left – on a line with the right foot – turning to face 270° to the left, swing both open hands across the body...

51



52



49



76. ...and perform a double block – a right back hand pressing block and a left knife hand downward block. *Fast. Note: See No. 30 for side view.*

50



77. Move the right foot forward ...



78. ...into a right front stance and perform a right vertical spear hand thrust – the left hand pressed against the inside of the right elbow. *Fast. Note: See No. 32 for side view.*

82. ...land in a straddle leg stance and perform a left ridge hand block to the side of the body, the right arm – palm up – stopping in front of the body. *Fast.*

83. Without your body or moving your arms step the right foot to the left in front of the left foot ...

84. ...look 90° to the right to face the front and at the same time swing the left foot up high in front of the body, and perform a left vertical knife hand block to the front – the right fist is pulled back to the hip ...

53



54



55



56



85. ...perform a left stamping kick, landing in a straddle leg stance and as the left fist is pulled back to the hip perform a simultaneous right straight punch as you land. *Fast.*

57



86. Look 90° to the right and perform a right ridge hand block to the side of the body – the left arm stopping in front of the body. *Fast.*

58



87. Without raising the body or moving the arms, move the left foot to the right, in front of the right foot...

91. ...land in a right front stance and perform a right back fist strike bringing the right elbow to rest on the top of the vertical left fist. The movements must be simultaneous. *Slow.*

92. Move the right foot back and around, pivoting on the left foot and cross the left fist under the right arm...

93. ...land in a straddle leg stance and perform a left hammer fist strike to the middle level. *Fast.*

61



62



62



59



60



88. ...look 90° to the left to face the front and at the same time swing the right fist up high and perform a left vertical knife hand block to the front – the right fist is pulled back to the hip...

89. ...perform a right stamping kick landing in a straddle leg stance and as the left fist is pulled back to the hip perform a simultaneous right straight punch as you land. *Fast.*

90. Move the right foot in and then forward whilst crossing the right arm – fist high – over the left arm...

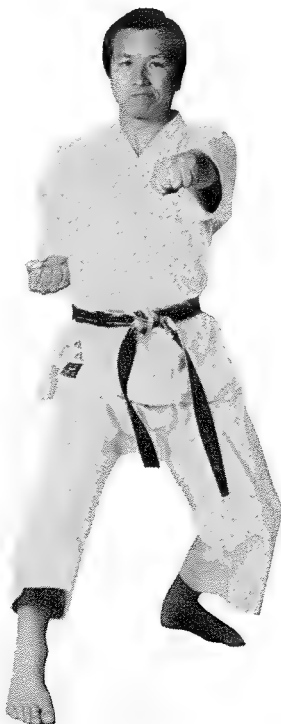
94. Keeping the left fist extended, move the right foot forward...

95. ...land in a right front stance and perform a right stepping punch, pulling the left fist back to the hip. *Fast.*

96. Look 90° to the left and move the left foot backward onto a line with the right, extending the left arm in front of the body, alongside the right arm...

63

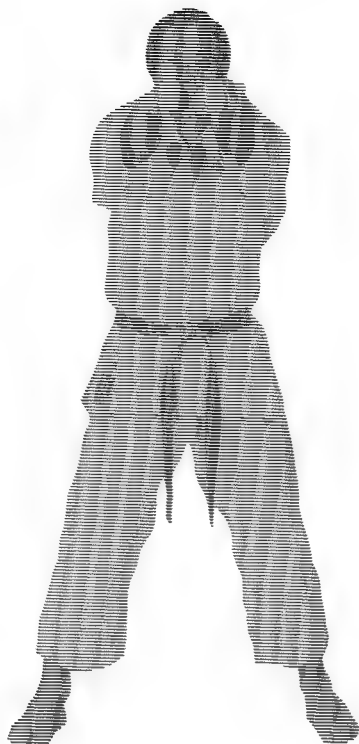
KIAI



64



97. ... land in a natural stance and raise both extended arms in front of the body on a parallel line. *Slow.*



Front View

65



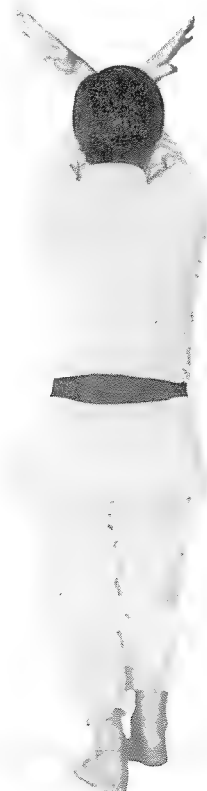
98. Bend forward at the waist and swinging both fists around to the rear, perform a double hammer fist scissors strike behind you. *Fast.*

100. Turn 90° to the left and move the left foot forward into a left front stance — without moving the arms, twisting the hips. *Fast.*

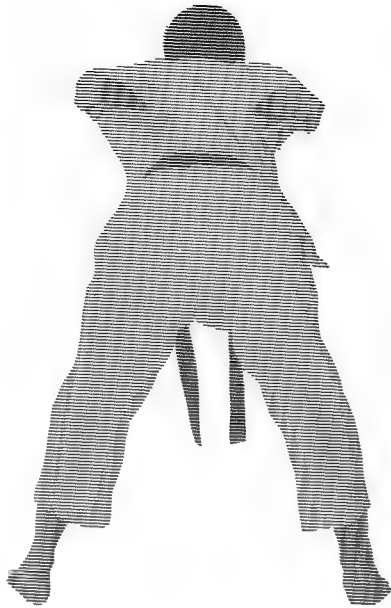
Front View

101. Move the right foot forward and cross both arms — open hands — high in front of the body...

67



66



Rear View



99. Without pause, straighten the body and place the fists on the sides of the body – elbows out. *Fast.*



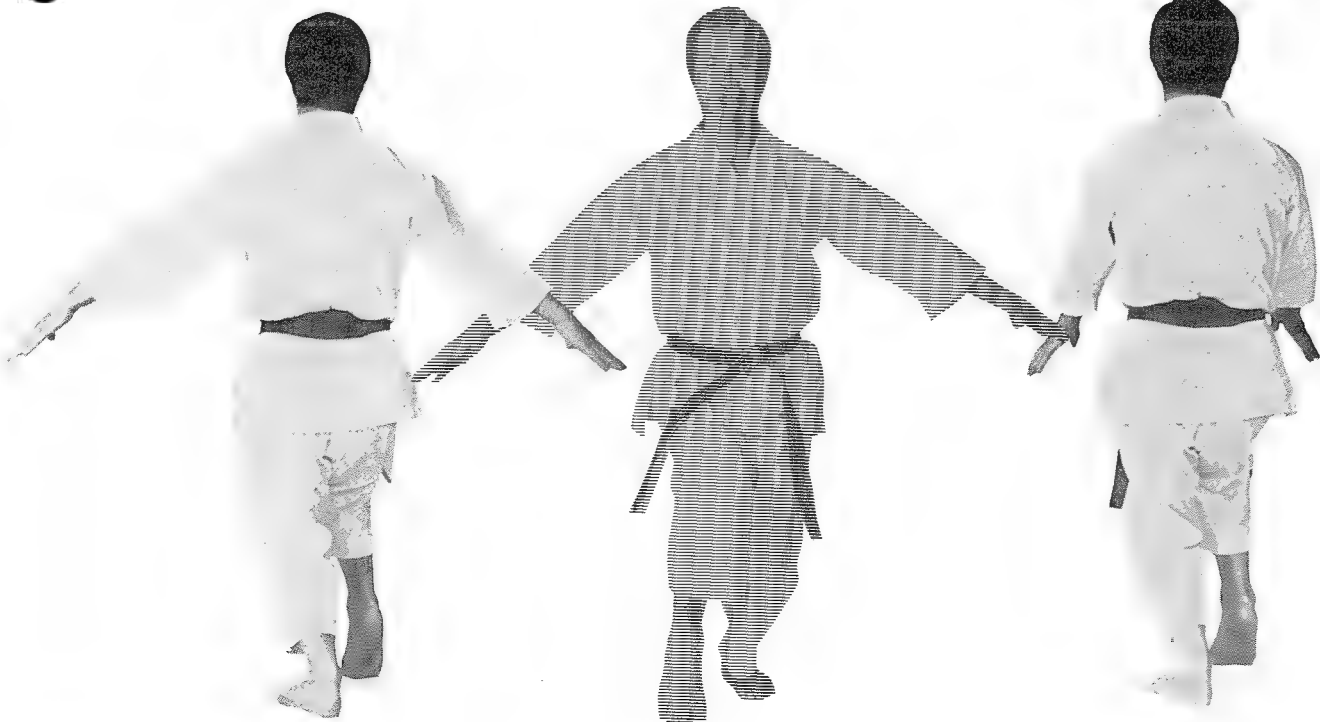
Front View

102. ...land in a cat stance and perform a double knife hand downward sweeping block to the sides of the body. *Slow.*

Front View

103. Without moving the legs bring both hands in to the front of the body and bend the wrists pointing the finger tips to the floor...

68



69



104. ...bring both hands up and perform double chicken head wrist blocks to the middle level. *Slow.*



Front View



105. Move the right foot forward quickly followed by the left fist turning the fingers of both hands up, thrust forward....

108. ...land in a right back stance and perform a right vertical knife hand block — the right elbow supported by the back of the left hand — to the side of the body. *Slow.*

109. Move the left foot back on line with the right foot crossing both arms in front of the body...

110. ...return to the starting position — natural stance.

71

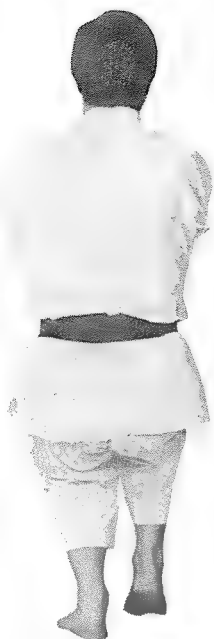


72



70

KIAI



106. ...land in a crossed stance and perform double ox-jaw hand strikes to the front of the body. *Fast.*

Front View

107. Turn 180° to the left to face the front and move the right foot backwards extending the right arm – hand open in front of the body and on top of the left hand...

Applications

1. (5) As your opponent attempts to punch you, block the punch with your left hand, fist down; at the same time sweeping the right back fist to the face, in one continuous movement.

2. (28) Your opponent attempts to punch you: with the vertical knife hand, supported strongly with the hand of the other under the elbow, strike the inside of his wrist the momentum of 'flowing back' and sweeping movement adding strength to your blocking attack.





3. (30) Your opponent's attempt to punch you is blocked by a back hand pressing block a twisting of the wrist of your knife hand. Your other hand is at the same time used as a downward knife edged block.



4. (32) Attack your opponent's solar plexus with a spear hand thrust all fingers extended. It is important you find the solar plexus.

7. (64) Your opponent's punch is pulled down with your right hand. At the same time your left knife hand strikes the side of his neck palm up.



8. (97) Your opponent grabs you from the rear. Bring both arms straight up to break his grip.



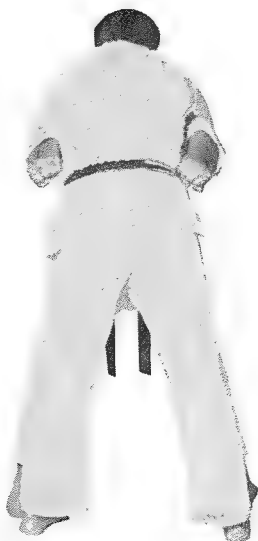


5. (44) Your opponent's punch from the side is blocked by moving in and sweeping your arm against his attack.



6. (63) Your opponent's punch is countered by moving in and using the whole of your knife hand in a sweeping movement against your opponent's neck.

9. (98) Continuing from 8: Bend forward quickly and using your buttocks and hips attack him by swinging both fists back against his kidneys using a double hammer punch.



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